



November 2022 Schedule

1 Sonoma Blvd #4
www.yogaloft.ca

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1	2	3	4	5	6
	8:00 AM Vinyasa Flow IVANO 9:30 AM Vinyasa Flow JEN C. 12:00 PM Vinyasa Flow NICOLA 4:00 PM Vinyasa Flow JEN C. 5:30 PM Hot Power ERIC 7:00 PM Yoga for Beginners ELENA 8:30 PM Vinyasa Flow ELENA	9:30 AM Yin/Yang JEN KN 12:00 PM Hot Core ELENA 4:00 PM Vinyasa Flow OLIVIA 5:30 PM Hot Core JEN C. 7:00 PM Yin/Yang JEN KN 8:30 PM Ashtanga Mix ERIC	8:00 AM Vinyasa Flow JEN C. 9:30 AM Hatha Flow LINDA 12:00 PM Vinyasa Flow LINDA 4:00 PM Vinyasa Flow IVANO 5:30 PM Vinyasa Flow IVANO 7:00 PM Ashtanga Mix ERIC 8:30 PM Vinyasa Flow JEN C.	9:30 AM Hatha Flow LADAN 12:00 PM Hot Power JEN C. 5:30 PM Hot Power JEN C. 7:30 PM Vinyl Vinyasa JEN C.	9:00 AM Dynamic Flow JEN C 10:30 AM Hot Core TBA 4:00 PM Hot Core JEN C.	9:00 AM Vinyasa Flow MARK 10:30 AM Vinyasa Flow MARK 5:00 PM Hot Stretch&Release FRANK 7:00 PM Gentle Restorative (non-heated) FRANK
7	8	9	10	11	12	13
8:00 AM Vinyasa Flow JEN C. 9:30 AM Vinyasa Flow JEN C. 12:00 PM Hot Core Vinyasa TBA 5:30 PM Hot Mix JEN KN 7:00 PM Vinyasa Flow OLIVIA 8:30 PM Yin/Yang LINDA	8:00 AM Vinyasa Flow IVANO 9:30 AM Vinyasa Flow JEN C. 12:00 PM Vinyasa Flow NICOLA 4:00 PM Vinyasa Flow JEN C. 5:30 PM Hot Power ERIC 7:00 PM Yoga for Beginners JEN C. 8:30 PM Vinyasa Flow ELENA	9:30 AM Yin/Yang JEN KN 12:00 PM Hot Core ELENA 4:00 PM Vinyasa Flow OLIVIA 5:30 PM Hot Core JEN C. 7:00 PM Yin/Yang JEN KN 8:30 PM Full Moon Meditation & Reiki Healing FRANCA	8:00 AM Vinyasa Flow JEN C. 9:30 AM Hatha Flow LINDA 12:00 PM Vinyasa Flow LINDA 4:00 PM Vinyasa Flow IVANO 5:30 PM Vinyasa Flow IVANO 7:00 PM Ashtanga Mix ERIC 8:30 PM Vinyasa Flow JEN C.	9:30 AM Hatha Flow LADAN 12:00 PM Hot Power JEN C. 5:30 PM Hot Power CRIO 7:30 PM Vinyl Vinyasa JEN C.	9:00 AM Dynamic Flow JEN C 10:30 AM Hot Core TBA 4:00 PM Hot Core JEN C.	9:00 AM Vinyasa Flow MARK 10:30 AM Vinyasa Flow MARK 5:00 PM Hot Stretch&Release FRANK 7:00 PM Gentle Restorative (non-heated) FRANK
14	15	16	17	18	19	20
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21	22	23	24	25	26	27
8:00 AM Vinyasa Flow JEN C. 9:30 AM Vinyasa Flow JEN C. 12:00 PM Hot Core Vinyasa MICHAEL 5:30 PM Hot Mix JEN KN 7:00 PM Vinyasa Flow ELENA 8:30 PM Yin/Yang LINDA	8:00 AM Vinyasa Flow IVANO 9:30 AM Vinyasa Flow JEN C. 12:00 PM Vinyasa Flow NICOLA 4:00 PM Vinyasa Flow JEN C. 5:30 PM Hot Power ERIC 7:00 PM Yoga for Beginners ELENA 8:30 PM Vinyasa Flow ELENA	9:30 AM Yin/Yang JEN KN 12:00 PM Hot Core ELENA 4:00 PM Vinyasa Flow OLIVIA 5:30 PM Hot Core JEN C. 7:00 PM Yin/Yang JEN KN 8:30 PM Elemental Rhythm Breathwork JORDAN	8:00 AM Vinyasa Flow JEN C. 9:30 AM Hatha Flow LINDA 12:00 PM Vinyasa Flow LINDA 4:00 PM Vinyasa Flow IVANO 5:30 PM Vinyasa Flow IVANO 7:00 PM Ashtanga Mix ERIC 8:30 PM Vinyasa Flow JEN C.	9:30 AM Hatha Flow LADAN 12:00 PM Hot Power JEN C. 5:30 PM Hot Power CRIO 7:30 PM Vinyl Vinyasa JEN C.	9:00 AM Dynamic Flow JEN C 10:30 AM Hot Core MICHAEL 4:00 PM Hot Core JEN C.	9:00 AM Vinyasa Flow MARK 10:30 AM Vinyasa Flow MARK 5:00 PM Hot Stretch&Release FRANK 7:00 PM Gentle Restorative (non-heated) FRANK
28	29	30	All classes are <u>60 minutes</u> in duration and are <u>heated</u> unless otherwise indicated.			
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