



May 2022 Weekly Schedule

1 Sonoma Blvd #4
www.yogaloft.ca

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 AM – JEN C. Rise and Shine Vinyasa Flow	9:30 AM – JEN C. Rise and Shine Vinyasa Flow	8:00 AM – JEN KN Rise and Shine Vinyasa Flow	9:30 AM – LINDA Hatha Flow with meditation	8:00 AM – PATTI Hatha Flow	9:00 AM – JEN C. Dynamic Flow	9:00 AM – JEN C. Dynamic Flow
12:00 PM – MICHAEL Hot Core Vinyasa	12:00 PM – ASHLEIGH Vinyasa Flow	12:00 PM – ELENA Hot Core	12:00 PM – LINDA Vinyasa Flow	9:30 AM – LADAN Vinyasa Flow	10:30 AM – MICHEAL Hot Core Vinyasa	10:30 AM – DAVID Vinyasa Flow
4:00 PM – JEN C. Core Vinyasa	4:00 PM – JEN C. Vinyasa Flow	5:30 PM – JEN C Hot Core	4:00 PM – DAVID Vinyasa Flow	12:00 PM – JEN C. Hot Power	12:00 PM – ASHLEIGH Vinyasa Flow	12:00 PM – MARK Vinyasa Flow
5:30 PM – JEN KN Hot Mix	5:30 PM – ERIC Hot Power	7:00 PM – JEN KN Yin/Yang	5:30 PM – JOSEPH The Repeater	5:30 PM – CRIO Hot Power	4:00 PM – JEN C. Hot Core	5:00 PM – FRANK Hot Stretch and Release
7:00 PM – ELENA Vinyasa Flow	7:00 PM – ELENA Yoga for Beginners	8:30 PM – ERIC Vinyasa Flow	7:00 PM – ERIC Vinyasa Flow	7:30 PM – JEN C. Vinyl Vinyasa		7:00 PM – FRANK Gentle Restorative (non-heated)
8:30 PM – LINDA Yin/Yang	8:30 PM – ELENA Vinyasa Flow		8:30 PM – JEN C. Vinyasa Flow			

All classes are 60 minutes in duration and are heated unless otherwise indicated.