



YOGA, HOT YOGA & BARRE

Monday

5:45am-6:35am Hot Power Flow, Mechelle (Z)
12:05pm-12:55pm Yoga Flow, Lizzy
1:15pm-2:00pm Pilates, Hannah (Z)
4:15pm-5:00pm Loft Bounce, Hannah* (Z)
5:30pm-6:20pm Loft Barre, Rainie

Tuesday

5:45am-6:35am Hot Flowbility, Hannah (Z)
12:05pm-12:55pm Loft Barre, Hannah (Z)
4:15pm-5:00pm Pilates, Rainie
5:30pm-6:30pm Yoga Flow, Lizzy

Wednesday

5:45am-6:35am Hot Mess Express, Mechelle (Z)
12:05pm -12:55pm Flowbility, Hannah (Z)
1:15pm-2:00pm Loft Bounce, Hannah* (Z)
5:30pm-6:20pm Loft Barre, Hannah (Z)

Thursday

5:45am-6:35am Hot Flowbility, Hannah (Z)
12:05pm-12:55pm Loft Barre, Hannah (Z)
4:15pm-5:00pm Pilates, Morgan
5:30pm-6:30pm Slow Flow, Mo

Friday

5:45am-6:35am Hot Core Flow, Mechelle (Z)
11:00am-11:45am Loft Bounce, Hannah* (Z)
12:05pm-12:55pm Loft Barre, Rainie
5:30pm-6:15pm Yoga Nidra, Hannah (Z)

Saturday

8:00am-9:00am Hot Flowbility, Hannah (Z)
9:30am-10:20am Hot Loft Barre, Hannah (Z)

Sunday

11:00am-11:55am Downdogs & Draughts held at Ten Mile Creek Brewery - \$15 for yoga and a pint, Rotation
3:00pm-4:00pm Sunday Yoga, Tyler

Prices

Drop In \$24.00
10 Class Card \$135.00
12 Month Membership \$99.00 per month
Student Drop In \$15.00
Student Membership per Semester \$150.00
One-Time Full Year Membership \$1,088 (\$100 Savings)
One-Time 6 Month Membership \$800

(Z) - Classes also offered through Zoom

***Please email, text, or message to reserve a spot for the Loft Bounce classes**

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