



Monday

5:45am-6:30am Heated Mat Pilates, Grace (Z)
12:05pm-12:55pm Flow & Mobility, Hannah (Z)
1:15pm-2:00pm Mat Pilates Strength, Hannah (Z)
4:15pm-5:00pm Loft Bounce, Grace*(Z)
5:30pm-6:20pm Loft Barre, Rainie

Tuesday

5:45am-6:35am Heated Flow & Mobility, Hannah (Z)
12:05pm-12:55pm Loft Barre, Hannah (Z)
4:15pm-5:00pm Mat Pilates, Grace (Z)
5:30pm-6:30pm Yoga Flow, Lizzy

Wednesday

5:45am-6:35am Heated Morning Movement, Gina
12:05pm -12:55pm Flow & Mobility, Hannah (Z)
1:15pm-2:00pm Loft Bounce, Grace*(Z)
5:30pm-6:20pm Loft Barre, Hannah (Z)

Prices

Drop In \$25.00
20 Class Pack \$300 (Good for 1 year)
10 Class Pack \$165 (Good for 6 months)
5 Class Pack \$100 (Good for 3 months)
12 Month Membership \$99 per month
Student Drop In \$18
Student Membership per semester \$165
One-Time Full Year Membership \$1,088 (One month free/\$100 savings)

Thursday

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

Friday

5:45am-6:30am Heated Mat Pilates, Rotation
11:00am-11:45am Loft Bounce, Hannah*(Z)
12:05pm-12:55pm Loft Barre, Rainie
1:15pm-2:05pm Restorative Flow, Dr. Janna

Saturday

9:00am-9:50am Loft Barre, Rotation
2:00pm-3:00pm Prenatal Yoga, Jenny

Sunday

9:00am-9:50am Loft Barre, Rotation
10:00am-10:55am Downdogs & Draughts held at Ten Mile Creek Brewery - \$15 for yoga and a drink ticket, Rotation
3:00pm-4:00pm Sunday Yoga, Tyler

(Z) - Classes also offered through Zoom

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

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