



Monday

5:45am-6:35am Heated Vinyasa Flow, Abby (Z)
12:05pm-12:55pm Flow & Mobility, Hannah (Z)
1:15pm-2:00pm Pilates, Hannah (Z)
4:15pm-5:00pm Loft Bounce, Grace*
5:30pm-6:20pm Loft Barre, Rainie

Tuesday

5:45am-6:35am Hot Flow & Mobility, 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 Heated Restorative Flow, Abby (Z)
12:05pm -12:55pm Yoga Flow, Lizzy
1:15pm-2:00pm Loft Bounce, Hannah*(Z)
5:30pm-6:20pm Loft Barre, Hannah (Z)

Prices

Drop In \$25.00
10 Class Pack \$150.00 (Good for 1 year)
12 Month Membership \$99.00 per month
Student Drop In \$18.00
Student Membership per Semester \$165.00
One-Time Full Year Membership \$1,088 (\$100 Savings)
One-Time 6 Month Membership \$800

Thursday

5:45am-6:35am Hot Flow & Mobility, 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-6:30am Heated Pilates, Rotation
11:00am-11:45am Loft Bounce, Hannah*(Z)
12:05pm-12:55pm Loft Barre, Rainie
1:15pm-2:05pm Restorative Flow, Janna

Saturday

8:00am-9:00am Heated Yoga Flow, Rotation
9:30am-10:20am Heated Loft Barre, Rotation
2:00pm-3:00pm Prenatal Yoga, Jenny

Sunday

8:00am-8:45am Loft Bounce, Grace*
9:00am-9:50am Loft Barre, Rotation
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

(Z) - Classes also offered through Zoom

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

740 Front Street, Unit 2B
www.loftstudiomt.com
loftyogahelena@gmail.com