



Monday

5:30am-6:20am Hot Power Flow, Mechelle (Z)
11:00am-11:45am Loft Bounce, Hannah*
12:05pm-12:55pm Yoga Flow, Christie (Z)
1:15pm-2:00pm Pilates, Hannah (Z)
5:30pm-6:20pm Loft Barre, Hannah (Z)

Tuesday

5:30am-6:20am Morning Hot Yoga, Hannah (Z)
12:05pm-12:55pm Loft Barre, Hannah (Z)
4:15pm-5:00pm Pilates, Rainie
5:30pm-6:30pm Yoga Flow, Lizzy

Wednesday

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

Thursday

5:30am-6:20am Morning Hot Yoga, Hannah (Z)
12:05pm-12:55pm Loft Barre, Hannah (Z)
4:15pm-5:00pm Pilates, Rainie
5:30pm-6:30pm Slow Flow, Mo

Friday

11:00am-11:45am Loft Bounce, Hannah*
12:05pm-12:55pm Loft Barre, Rainie
4:30pm-5:30pm Hot Power Vinyasa, Brooke

Saturday

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

Sunday

11:00am-11:55am Downdogs and Draughts
held at Ten Mile Creek Brewery - \$12 for yoga
and a pint, Rotation
3:00pm-4:00pm Sunday Yoga, Tyler

Prices

Drop In \$20.00
10 Class Card \$125.00
12 Month Membership \$85.00 per month
Student Drop In \$10.00
Student Membership per Semester \$110.00
One-Time Full Year Membership \$920 (\$100
Savings)

(Z) - Classes also offered through Zoom

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

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