



W E E K L Y S C H E D U L E

THE HEALING LOFT

M O N D A Y	T U E S D A Y	W E D N E S D A Y
10:00AM YOGA FOR 50+ STRENGTH	10:00AM - MAT PILATES FOR 50+	6:00PM DEEP FLOW
6:00PM VINYASA FLOW	5:30PM - POWER FLOW	7:30PM RELEASE & RESTORE
7:30PM YOGA FOR A BUSY MIND	7:00PM - YIN & RESTORATIVE YOGA	
T H U R S D A Y	F R I D A Y	S A T U R D A Y
10:00AM YOGA FOR 50+	10:00AM MAT PILATES	9:30AM RISE AND FLOW
6:00PM EMBODIED FLOW	5:30PM VINYASA FLOW	
7:15PM RESTORATIVE YOGA WITH SOMATICS		
		S U N D A Y
		7:00PM YIN YOGA