##### **The Yoga Loft.** [**www.yogaloftnorth.com**](http://www.yogaloftnorth.com)

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| --- | --- | --- | --- | --- | --- | --- |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **7:45**  **Spin Express** | **5:30**  **Spin** |  | **5:30**  **Spin** |  |  | **6:15**  **Spin** |
| **830**  **FloW** | **7:00**  **YOGA (45MIN)** | **7:00**  **YOGA** | **7:00**  **YOGA** | **7:00**  **YOGA** | **7:00**  **YOGA( $5)**  **COMMUNITY**  **DONATION BASED** |  |
| **8:30**  **Spin** | **8:00**  **HULA HOOP** | **8:30**  **YOGA**  **$5 COMMUNITY**  **DONATION BASED** | **CALL US**  **978**  **604-0051** | **8:30**  **Spin and Burn**  **45/90** | **8:15**  **FITNESS FUSION** | **8:00**  **YOGA FLOW** |
| **10:00**  **Beginner** | **4:30**  **Spin** | **10:00**  **BELLS, BALLS, BANDS FITNESS** |  |  | **Pop Up**  **Restorative**  **12:00** | **9:30**  **BASICS** |
| **4:30**  **YIN** | **4:00**  **FULL FIGURED WOMEN**  **SIGN UP WITH RECREATION** | **5:30**  **YOGA BEGINNERS** | **5:00**  **SPIN** | **5:30**  **BEGINNER** | **5:30**  **INTERMEDIATE** |  |
| **6:00**  **Pop Ups**  **Workshops**  **Check online** | **5:30**  **FLOW FOR 45**  **6:30**  **Spin Express** |  | **6:00**  **INTERMEDIATE FLOW** | **7:00**  **FULL FIGURED WOMEN SIGN UP WITH RECREATION** | **978**  **604**  **0051**  **Call us☺** | **TEACHER TRAINING BEGINS IN FALL 2022** |
|  | **6:30**  **INTERMEDIATE** |  |  |  |  |  |