##### **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** |  |  |  |  |  |