

The Yoga Loft Cambridge Fall Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30am	MINDFUL MOVEMENT YOGA	GENTLE FLOW YOGA	FOUNDATIONAL YOGA	FLOW & UNWIND YOGA	STRETCH & RESTORE YOGA
11:00am	STRENGTH & CORE (45)		STRENGTH & CORE (45)		STRENGTH & CORE (45)
5:15pm		CORE FLOW YOGA			
6:15pm	POWER FLOW YOGA			TRX + MOBILITY (50)	SLOW FLOW YOGA
6:30pm		TRX + MOBILITY (50)			
7:30pm			YIN YOGA	MINDFUL MOVEMENT YOGA	

	SATURDAY	SUNDAY
9-9:50AM	TRX + MOBILITY (50)	
10:15-11:15AM	FLOW YOGA	
7:00-8:00PM		REST & RESTORE YOGA

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*Schedule is subject to change