

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 1st class at Zen Loft is <b>FREE</b> 4 classes for \$60 8 classes for \$100 Drop-in rate is \$20	1 <b>Monday Morning (Chair) Massages</b> 9am-Noon at River's Edge Cafe <b>Aerial Yoga Intro</b> 9:30-10:45am	2 <b>Beginner Yoga</b> 5:30-6:30pm <b>Mantra Belly Dance</b> Level 1: 7-8pm Level 2: 8:15-9:15pm	3 <b>Guided Meditation</b> 4:00*4:30*5:00*5:30 <b>Aerial Yoga</b> 7-8:30pm <b>Yoga en Espanol</b> 8-9pm	4 <b>Game Night</b> 4-8pm	5 <b>First Fridays</b> 6-9pm	6 <b>Aerial Yoga Intro</b> 9:30-10:45am
7 <b>Hoop Dance Class</b> 2:30-4pm	8 <b>Monday Morning (Chair) Massages</b> 9am-Noon at River's Edge Cafe <b>Aerial Yoga Intro</b> 9:30-10:45am	9 <b>Beginner Yoga</b> 5:30-6:30pm <b>Mantra Belly Dance</b> Level 1: 7-8pm Level 2: 8:15-9:15pm	10 <b>Guided Meditation</b> 4:00*4:30*5:00*5:30 <b>Aerial Yoga</b> 7-8:30pm <b>Yoga en Espanol</b> 8-9pm	11	12	13 <b>Aerial Yoga Intro</b> 9:30-10:45am <b>Taste of Thai Massage Workshop</b> 6-9pm
14 <b>Crystal Singing Bowl Meditation</b> 12-2pm <b>Hoop Dance Class</b> 2:30-4pm	15 <b>Morning Massages</b> 9am-Noon @ REC <b>Aerial Yoga Intro</b> 9:30-10:45am <b>Family Yoga</b> 5:30-6:30pm	16 <b>Beginner Yoga</b> 5:30-6:30pm <b>Mantra Belly Dance</b> Level 1: 7-8pm Level 2: 8:15-9:15pm	17 <b>Guided Meditation</b> 4:00*4:30*5:00*5:30 <b>Vingasa Basic</b> 5:30-6:30pm <b>Aerial Yoga</b> 7-8:30pm <b>Yoga en Esp.</b> 8-9pm	18 <b>Craft Night</b> 7-9pm	19	20 <b>Aerial Yoga Intro</b> 9:30-10:45am <b>Drum Circle</b> 3-6pm
21 <b>Hoop Dance</b> 2:30-4pm <b>Hoop/Poi</b> <b>Flow Jam</b> 4-6pm <b>Life Coaching</b> 4-5:30pm <b>Guided Imagery</b> 5:30-6pm <b>Reiki Share</b> 6-8pm	22 <b>Morning Massages</b> 9am-Noon @ REC <b>Aerial Yoga Intro</b> 9:30-10:45am <b>Family Yoga</b> 5:30-6:30pm	23 <b>Beginner Yoga</b> 5:30-6:30pm <b>Mantra Belly Dance</b> Level 1: 7-8pm Level 2: 8:15-9:15pm	24 <b>Guided Meditation</b> 4:00*4:30*5:00*5:30 <b>Vingasa Basic</b> 5:30-6:30pm <b>Aerial Yoga</b> 7-8:30pm <b>Yoga en Esp.</b> 8-9pm	25	26	27 <b>Aerial Yoga Intro</b> 9:30-10:45am <b>Partner Massage</b> 12-2pm <b>LMT Massage Trade</b> 2-4:30pm
28 <b>Hoop Dance Class</b> 2:30-4pm <b>Break Dancing Workshop</b> 4:30-6:30pm	29 <b>Morning Massages</b> 9am-Noon @ REC <b>Aerial Yoga Intro</b> 9:30-10:45am <b>Family Yoga</b> 5:30-6:30pm	30 <b>Beginner Yoga</b> 5:30-6:30pm <b>Mantra Belly Dance</b> Level 1: 7-8pm Level 2: 8:15-9:15pm	31 <b>Guided Meditation</b> 4:00*4:30*5:00*5:30 <b>Vingasa Yoga</b> Level 1: 5:30-6:30pm Level 2: 6:45-7:45pm <b>Aerial Yoga</b> 7-8:30pm <b>Yoga en Esp.</b> 8-9pm	1 2 <b>Zen Loft Wellness Center</b> 6 W. Downer Place, Aurora, IL 60506 (630) 465-LOFT (5638) <a href="http://www.ZenLoftWellnessCenter.com">www.ZenLoftWellnessCenter.com</a> ~ Ask us about Memberships ~		3 Zen Loft is home to 15+ small businesses who are passionate about their profession and serving their