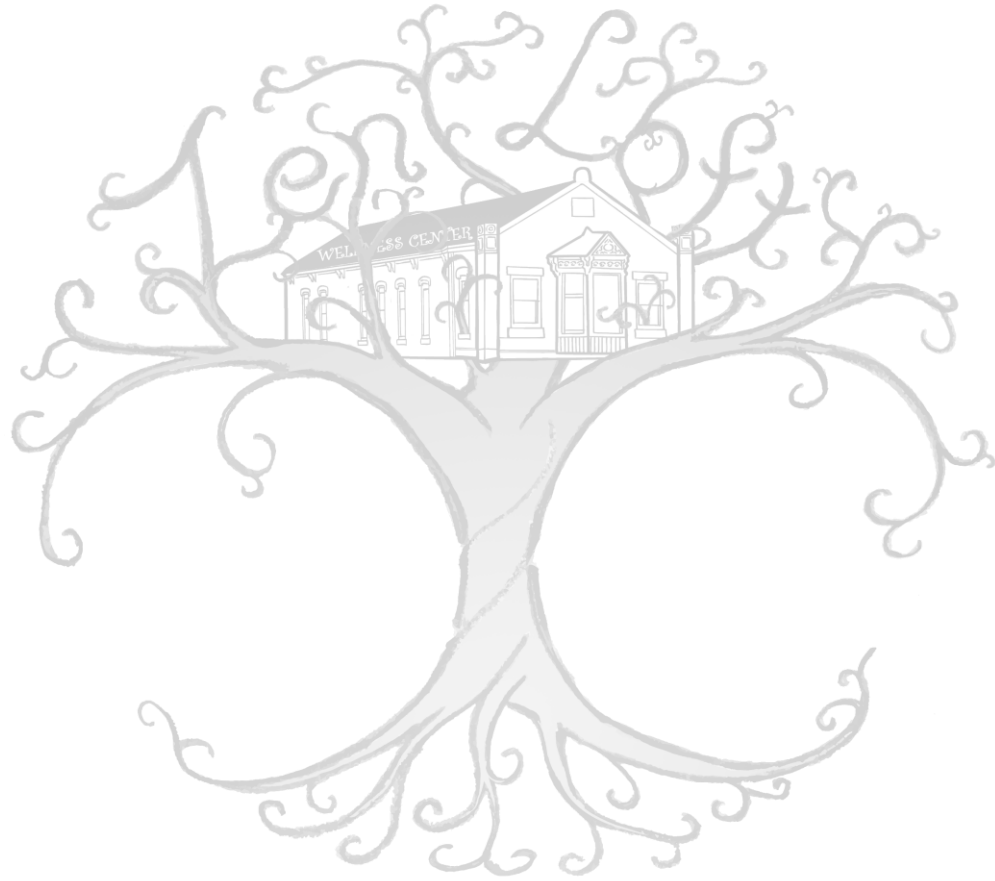


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25 First class at Zen Loft is FREE 4 classes for \$60 8 classes for \$100 Drop-in rate is \$20	26 Zen Loft Wellness Center 6 W. Downer Place, Aurora, IL 60506 (630) 465-LOFT (5638) www.ZenLoftWellnessCenter.com ~ Ask us about Memberships ~	27 Workshops & Aerial Yoga are \$25 for drop-ins or 2 punches on the 8 multi-class pass	28 Zen Loft is home to 15+ small businesses who are passionate about their trade and serving their community!	29	30	1 Aerial Yoga 9:30-10:45am
2	3 Morning Massages 9am-Noon @ REC Aerial Yoga No Class Holy Yoga 7-8pm	4 Beginner Yoga No Class Mantra Belly Dance No Class	5 Yoga en Espanol 8-9pm	6 Game Night 4-8pm	7 Power Yoga 9:30-10:30am Poi Basics 2-3pm 2 nd First Fridays 6-9pm	8 Aerial Yoga No Class
9 Meditative Painting 11-12:15pm Hoop Dance Class 2:30-4pm	10 MMM 9-Noon Aerial Yoga 9:30-10:45am 4:30-5:30pm Holy Yoga 7-8pm	11 Beginner Yoga 5:30-6:30pm Mantra Belly Dance No Class	12 Guided Meditation 5:30-6:30pm Yoga en Espanol 8-9pm	13 Aerial Yoga 6-7pm	14 Power Yoga 9:30-10:30am Poi Basics 2-3pm	15 Aerial Yoga 9:30-10:45am Partner Massage 12-2pm Drum Circle 3-6pm
16 Intro to Drumming 2-4pm	17 MMM 9-Noon Aerial Yoga 9:30-10:45am 4:30-5:30pm Holy Yoga 7-8pm	18 Beginner Yoga 5:30-6:30pm Mantra Belly Dance Drills Level 1: 7-8pm Level 2: 8:15-9:15pm	19 Guided Meditation 5:30-6:30pm Yoga en Espanol 8-9pm	20 Craft Night 7-9pm Aerial Yoga 6-7pm	21 Power Yoga 9:30-10:30am Poi Basics 2-3pm	22 Aerial Yoga 9:30-10:45am LMT Massage/ Professional Trade 12-2:30pm
23 Meditative Painting 11-12:15pm Hoop Dance Class 2:30-4pm	24 MMM 9-Noon Aerial Yoga 9:30-10:45am 4:30-5:30pm Holy Yoga 7-8pm	25 Beginner Yoga 5:30-6:30pm Mantra Belly Dance Drills Level 1: 7-8pm Level 2: 8:15-9:15pm	26 Guided Meditation 5:30-6:30pm Yoga en Espanol 8-9pm	27 Aerial Yoga 6-7pm	28 Power Yoga 9:30-10:30am Poi Basics 2-3pm Community Yoga 5-6pm	29 Aerial Yoga 9:30-10:45am Belly Dance Musicality Workshop 3-5pm
30	31 (same) NY PM Class Only					

~ Schedules are subject to change * Preregister through MindBody on our website to ensure your place ~



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