

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
Zen Loft Wellness Center 6 W. Downer Place, Aurora, IL 60506 (630) 465-LOFT (5638) www.ZenLoftWellnessCenter.com ~ Ask us about Memberships ~		Beginner Yoga 5:30-6:30pm Mantra Belly Dance Drills Level 1: 7-8pm Level 2: 8:15-9:15pm	Yoga en Espanol 8-9pm	Aerial Yoga 6-7pm Game Night 4-8pm	First Fridays 6-9pm	Aerial Yoga 9:30-10:45am
6	7	8	9	10	11	12
	MMM 9-Noon Aerial Yoga 9:30-10:45am 4:30-5:30pm Meditation 5:30-6:30 Holy Yoga 7-8pm	Beginner Yoga 5:30-6:30pm Mantra Belly Dance Drills Level 1: 7-8pm Level 2: 8:15-9:15pm	Yoga en Espanol 8-9pm	Aerial Yoga 6-7pm	Poi Basics 2-3pm	Aerial Yoga 9:30-10:45am Consent Workshop Cuddle Party 3-7pm
13	14	15	16	17	18	19
Meditative Painting 11am-12:15pm Hoop Dance Class 2:30-4pm	MMM 9-Noon Aerial Yoga 9:30-10:45am 4:30-5:30pm Meditation 5:30-6:30 Holy Yoga 7-8pm	Beginner Yoga 5:30-6:30pm Mantra Belly Dance Drills Level 1: 7-8pm Level 2: 8:15-9:15pm	Hoop Dance for Emotional Release 5:30-7pm Yoga en Espanol 8-9pm	Craft Night 7-9pm Aerial Yoga 6-7pm		Aerial Yoga 9:30-10:45am Partner Massage 12-2pm Drum Circle 3-6pm
20	21	22	23	24	25	26
Intro to Drumming 2-4pm	MMM 9-Noon Aerial Yoga 9:30-10:45am 4:30-5:30pm Meditation 5:30-6:30 Holy Yoga 7-8pm	Beginner Yoga 5:30-6:30pm Mantra Belly Dance Drills Level 1: 7-8pm Level 2: 8:15-9:15pm	Yoga en Espanol 8-9pm	Aerial Yoga 6-7pm	Poi Basics 2-3pm	Aerial Yoga 9:30-10:45am LMT Massage/ Professional Trade 12-2:30pm
27	28	29	30	31	1	2
Meditative Painting 11am-12:15pm Hoop Dance Class 2:30-4pm	MMM 9-Noon Aerial Yoga 9:30-10:45am 4:30-5:30pm Meditation 5:30-6:30 Holy Yoga 7-8pm	Beginner Yoga 5:30-6:30pm Mantra Belly Dance Drills Level 1: 7-8pm Level 2: 8:15-9:15pm	Yoga en Espanol 8-9pm	Aerial Yoga 6-7pm	First class at Zen Loft is FREE 4 classes for \$60 8 classes for \$100 Drop-in rate is \$20 \$20 for 1 week of unlimited classes*	Zen Loft is home to 15+ small businesses who are passionate about their trade and serving their community!

Key: Regular Classes Premium Classes Workshops Community Events

*excludes aerial yoga

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

