

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
Zen Loft Wellness Center 6 W. Downer Place, Aurora, IL 60506 (630) 465-LOFT (5638) www.ZenLoftWellnessCenter.com ~ Ask us about Memberships ~		First class at Zen Loft is FREE 4 classes for \$60 8 classes for \$100 Drop-in rate is \$20	Workshops & Aerial Yoga are \$25-\$35 for drop-ins or 2 punches on either multi-class pass	Zen Loft is home to 15+ small businesses who are passionate about their trade and serving their community!	First Fridays 6-9pm	Aerial Yoga 9:30-10:45am Consent Workshop Cuddle Party 3-7pm
* Unlimited Regular Classes for 1 Week, only \$20 *						
3	4	5	6	7	8	9
	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 ATS ® *** No Class ***	Aerial Yoga 9:30-10:45am Vinyasa Flow 11am-12pm Yoga en Espanol 8-9pm	Game Night 4-8pm Aerial Yoga 6-7pm Candle Light Yoga 7-8pm	Poi Basics 2-3pm	Aerial Yoga 9:30-10:45am
10	11	12	13	14	15	16
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 ATS ® Level 1: 7-8pm Level 2: 8:15-9:15pm	Aerial Yoga 9:30-10:45am Vinyasa Flow 11am-12pm Yoga en Espanol 8-9pm	Aerial Yoga 6-7pm Candle Light Yoga 7-8pm		Aerial Yoga 9:30-10:45am Partner Massage ~ Resumes in Oct. ~ Drum Circle 3-6pm
17	18	19	20	21	22	23
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 ATS ® Level 1: 7-8pm Level 2: 8:15-9:15pm	Aerial Yoga 9:30-10:45am Vinyasa Flow 11am-12pm Yoga en Espanol 8-9pm	Craft Night 7-9pm Aerial Yoga 6-7pm Candle Light Yoga 7-8pm Peaceful Yoga 8-9pm	Poi Basics 2-3pm	Aerial Yoga 9:30-10:45am LMT Massage/ Professional Trade 12-2:30pm
24	25	26	27	28	29	30
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 ATS ® Level 1: 7-8pm Level 2: 8:15-9:15pm	Aerial Yoga 9:30-10:45am Vinyasa Flow 11am-12pm Yoga en Espanol 8-9pm	Aerial Yoga 6-7pm Candle Light Yoga 7-8pm Peaceful Yoga 8-9pm	Fifth Friday Flow ATS ® Belly Dance 7-8pm	Aerial Yoga 9:30-10:45am

Key: Regular Classes Premium Classes Workshops Community Events

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

