

September Calendar Classes, Workshops, & Events Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
Zen Loft Wel		First class at	Workshops & Agrial		-	Merial Yoga
6 W. Downer Place, Aurora, IL 60506		Zen Loft is FREE	Yoga arg \$25-\$35	small busingsses	first fridays	9:30~10:45am
(630) 465-LOFT (5638)		4 classes for \$60	for drop-ins or	who are passionate	6-9pm	
www.ZenLoftWellnessCenter.com		8 classes for \$100	2 punches on either	about their trade and serving their		Consent Workshop
~ Ask us about Memberships ~		Prop-in rate is \$20	multi-class pass	community!		Cuddle Party
		r	lar Classes for 1	Week, only \$20 *		3-7pm
3	4	5	6	7	8	9
	MMM 9-Noon	Beginner Yoga	Agrial Yoga	Game Night		
	Agrial Yoga	5:30-6:30pm	9:30-10:45am	4-8pm	Poi Basics	Agrial Yoga
	9:30~10:45am	Mantra Belly	Vinyasa Flow	Merial Yoga	2-3pm	9:30~10:45am
	4:30-5:30pm	Pance Prills ATS®	11am-12pm	6-7pm		
	Meditation 5:30-6:30	*** No Class ***	Yoga en Espanol	Candle Light Yoga		
	Holy Yoga 7-8pm	7 69	8-9pm	7-8pm	3	
10	11	12	13	14	15	16
Meditative Painting	MMM 9-Noon	Beginner Yoga	Agrial Yoga	Agrial Yoga		Aerial Yoga
11am-12:15pm	Agrial Yoga	5:30-6:30pm	9:30-10:45am	6-7pm		9:30-10:45am
	9:30-10:45am	Mantra	Vinyasa Flow		0,	Partner Massage
Hoop Pance Class	4:30~5:30pm	Belly Dance ATS®	11am-12pm	Candle Light Yoga		~ Resumes in Oct. ~
2:30-4pm	Meditation 5:30-6:30	Level 1: 7-8pm	Yoga en Espanol	7-8pm		Prum Circle
	Holy Yoga 7-8pm	Level 2: 8:15-9:15pm	8-9pm			3-6pm
17	18	19	20		22	23
	MMM 9-Noon	Beginner Yoga	Agrial Yoga	Craft Night 7-9pm		Agrial Yoga
Intro to Drumming	Aerial Yoga	5:30-6:30pm	9:30~10:45am	Aerial Yoga 6-7pm	Poi Basics	9:30~10:45am
2~4pm	9:30-10:45am	Mantra	Vinyasa Flow	Candle Light Yoga	2~3pm	
	4:30-5:30pm	Belly Pance ATS®	11am~12pm	7-8pm		LMT Massage/
	Meditation 5:30-6:30	Level 1: 7-8pm	Yoga en Espanol	Peaceful Yoga		Professional Trade
	Holy Yoga 7-8pm	Level 2: 8:15-9:15pm	8-9pm	8-9pm		12-2:30pm
24	25	26	27	28	29	30
Meditative Painting	MMM 9-Noon	Beginner Yoga	Aerial Yoga	Aerial Yoga		
11am-12:15pm	Agrial Yoga	5:30-6:30pm	9:30-10:45am	6~7pm	fifth friday flow	Aerial Yoga
	9:30~10:45am	Mantra	Vinyasa Flow	Candle Light Yoga	ATS® Belly Pance	9:30-10:45am
Hoop Pance Class	4:30-5:30pm	Belly Pance ATS®	11am-12pm	7-8pm	7-8pm	
2:30-4pm	Møditation 5:30-6:30	Level 1: 7-8pm	Yoga en Espanol	Peaceful Yoga		
	Holy Yoga 7-8pm	Level 2: 8:15-9:15pm	8-9pm	8 - 9pm		

<u>Køy:</u>

Regular Classes Premium Classes

Workshops

Community Events

[~] Schedules are subject to change * Preregister through MindBody on our webiste to secure your place ~

