

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|--|
| 1 | 2 Morning Massages 9-Noon @ REC Aerial Yoga 9:30-10:45am Meditation 5-6pm | 3 Beginner Yoga 5:30-6:30pm Mantra Belly Dance ATS® Level 1: 7-8pm Level 2: 8:15-9:15pm | 4 Aerial Yoga 9:30-10:45am Vinyasa Flow 11am-12pm Yoga en Espanol 8-9pm | 5 Game Night 7-9pm Aerial Yoga 6-7pm Candlelight Yoga 7-8pm Peaceful Yoga 8-9pm | 6 First Fridays \$5 Mini Classes 6-9pm | 7 Aerial Yoga 9:30-10:45am |
| 8 Meditative Painting 11am-12:15pm Hoop Dance Class 2:30-4pm | 9 Morning Massages 9-Noon @ REC Aerial Yoga 9:30-10:45am Meditation 5-6pm | 10 EveryBODY Yoga 10:30-11:30am Beg. Yoga 5:30-6:30p Belly Dance ATS® Level 1: 7-8pm Level 2: 8:15-9:15pm | 11 Aerial Yoga 9:30-10:45am Vinyasa Flow 11am-12pm Yoga en Espanol 8-9pm | 12 Aerial Yoga 6-7pm Candlelight Yoga 7-8pm Peaceful Yoga 8-9pm | 13 Poi Basics 2-3pm | 14 Aerial Yoga 9:30-10:45am Consent Workshop Cuddle Party 3-7pm |
| 15 Intro to Drumming 2-4pm | 16 Morning Massages 9-Noon @ REC Aerial Yoga 9:30-10:45am | 17 EveryBODY Yoga 10:30-11:30am Beg. Yoga 5:30-6:30p Belly Dance ATS® Level 1: 7-8pm Level 2: 8:15-9:15pm | 18 Aerial Yoga 9:30-10:45am Vinyasa Flow 11am-12pm Yoga en Espanol 8-9pm | 19 Aerial Yoga 6-7pm Candlelight Yoga 7-8pm Peaceful Yoga 8-9pm | 20 | 21 Aerial Yoga 9:30-10:45am Partner Massage 12-2pm Drum Circle 3-6pm |
| 22 Meditative Painting 11am-12:15pm Hoop Dance Class 2:30-4pm | 23 Morning Massages 9-Noon @ REC Aerial Yoga 9:30-10:45am | 24 EveryBODY Yoga 10:30-11:30am Beg. Yoga 5:30-6:30p Belly Dance ATS® Level 1: 7-8pm Level 2: 8:15-9:15pm | 25 Aerial Yoga 9:30-10:45am Vinyasa Flow 11am-12pm Yoga en Espanol 8-9pm | 26 Aerial Yoga 6-7pm Candlelight Yoga 7-8pm Peaceful Yoga 8-9pm | 27 Poi Basics 2-3pm | 28 Aerial Yoga 9:30-10:45am LMT Massage/ Professional Trade 12-2:30pm |
| 29 | 30 Morning Massages 9-Noon @ REC Aerial Yoga 9:30-10:45am | 31 EveryBODY Yoga 10:30-11:30am Beg. Yoga 5:30-6:30p Belly Dance ATS® Level 1: 7-8pm Level 2: 8:15-9:15pm | 28 Zen Loft Wellness Center 6 W. Downer Place, Aurora, IL 60506 (630) 465-LOFT (5638) www.ZenLoftWellnessCenter.com ~ Ask us about Memberships ~ | 29 | 30 First class at Zen Loft is FREE Classes: 4/\$60; 8/\$100 Drop-ins: \$20-\$25 Workshops: \$25-\$35 | 31 Zen Loft is home to 15+ small businesses who are passionate about their trade and serving their community! |

* Unlimited Regular Classes for 1 Week, only \$20 *

Key: Regular Classes Premium Classes Workshops Community Events

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

