

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 Zen Loft Wellness Center 6 W. Downer Place, Aurora, IL 60506 (630) 465-LOFT (5638) www.ZenLoftWellnessCenter.com ~ Ask us about Memberships ~	30	31 First class at Zen Loft is FREE Classes: 4/\$60; 8/\$100 Drop-ins: \$20-\$25 Workshops: \$25-\$35	1 Aerial Yoga 9:30-10:45am Vinyasa Flow 11am-12pm Yoga en Espanol 8-9pm	2 Game Night 7-9pm Aerial Yoga 6-7pm Candlelight Yoga 7-8pm Peaceful Yoga 8-9pm	3 First Fridays \$5 Mini Classes & Demos 6-9pm	4 Aerial Yoga 9:30-10:45am
* Unlimited Regular Classes for 1 Week, only \$20 *						
5 Intro to Drumming 2-4pm	6 Morning Massages 9-Noon @ REC Aerial Yoga 9:30-10:45am Pilates 7:30-8:30pm Yin Yoga 9-10pm	7 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	8 Aerial Yoga 9:30-10:45am Vinyasa Flow 11am-12pm Yoga en Espanol 8-9pm	9 Yoga Flow 8:15-9:15a Aerial Yoga 6-7pm Candlelight Yoga 7-8pm Peaceful Yoga 8-9pm	10 Poi Basics 2-3pm	11 Aerial Yoga 9:30-10:45am Consent Workshop Cuddle Party 3-7pm
12 Hoop Dance Class 2:30-4pm	13 MMM 9-Noon Aerial Yoga 9:30-10:45am Meditation 5:30-6:30 Pilates 7:30-8:30pm Yin Yoga 9-10pm	14 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	15 Aerial Yoga 9:30-10:45am Vinyasa Flow 11am-12pm Yoga en Espanol 8-9pm	16 Yoga Flow 8:15-9:15a Aerial Yoga 6-7pm Candlelight Yoga 7-8pm Peaceful Yoga 8-9pm	17	18 Aerial Yoga 9:30-10:45am Partner Massage 12-2pm Drum Circle 3-5pm
19 Intro to Drumming 2-4pm	20 Morning Massages 9-Noon @ REC Aerial Yoga 9:30-10:45am Pilates 7:30-8:30pm Yin Yoga 9-10pm	21 EveryBODY Yoga ~ No Class ~ Beginner Yoga 5:30-6:30pm Belly Dance ATS® ~ No Class ~	22 Aerial Yoga 9:30-10:45am Vinyasa Flow 11am-12pm Yoga en Espanol 8-9pm	23 Happy Thanksgiving! ~ No Classes ~	24 Poi Basics 2-3pm	25 Aerial Yoga 9:30-10:45am LMT Massage/ Professional Trade 12-2:30pm
26 Hoop Dance Class 2:30-4pm	27 Morning Massages 9-Noon @ REC Aerial Yoga 9:30-10:45am Pilates 7:30-8:30pm Yin Yoga 9-10pm	28 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	29 Aerial Yoga 9:30-10:45am Vinyasa Flow 11am-12pm Yoga en Espanol 8-9pm	30 Yoga Flow 8:15-9:15a Aerial Yoga 6-7pm Candlelight Yoga 7-8pm Peaceful Yoga 8-9pm	1 Zen Loft is home to 15+ small businesses who are passionate about their trade and serving their community! ~ We're here for you! ~	2

Key: Regular Classes Premium Classes Workshops Community Events

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

