

THE LOFT

TIMETABLE

MONDAY

No Classes

TUESDAY

8:30am Centre (Pilates)

10:00am Move (Yoga)

WEDNESDAY

9:15am Kind Yoga

11:00am Kind, Cake & Community
(Yoga) **3rd Weds of
each month*

5:45pm Breathe (Yoga)

7:00pm Breathe (Yoga)

THURSDAY

8:45am Connect (Pilates)

10:15am Breathe (Yoga)

12:30pm Supported (Chair Yoga)

4:30pm Thrive & Bloom **last
Thurs of each month*

7:00pm Energise (Yoga)

FRIDAY

No Classes

SATURDAY

We occasionally run special workshops on a Saturday check our website for upcoming events.

***WE ARE CLOSED ON SUNDAYS**