

Bloom Loft

YOGA & WELLNESS · TOLUCA LAKE

Weekly Class Schedule
Updated September 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11:00 AM – 12:00 PM Community Class · Gentle Flow Alice M.	6:45 – 7:45 AM Flow Jennifer L.	7:00 – 8:00 AM Flow Virginia A.	6:45 – 7:45 AM Flow Jennifer L.	8:30 – 9:30 AM Gentle Flow Chris P.	8:30 – 9:30 AM Power Flow Virginia A.	8:30 – 9:30 AM Gentle Flow Faye A.
6:30 – 7:30 PM Gentle Flow James E.	5:00 – 6:00 PM Gentle Flow Jessica R.	11:00 AM – 12:00 PM Gentle Flow Faye A.	5:00 – 6:00 PM Gentle Flow Faye A.	11:00 AM – 12:15 PM Restorative Yoga Faye A.	9:45 – 10:45 AM Yin Yoga April C.	10:00 – 11:00 AM Yin Yoga Chantal C.
8:00 – 9:15 PM Breathwork Kelly Kristin (1st & 3rd Mon) · Elaine (2nd & 4th Mon)	6:30 – 7:30 PM Flow Faye A.	6:30 – 7:30 PM Power Flow Faye A.	6:30 – 7:30 PM Flow Faye A.	12:30 – 1:30 PM Meditation Nikhil P.	11:00 AM – 12:00 PM Prenatal Yoga Faye A.	7:00 – 8:00 PM Candlelit Soundbath Virginia A.
		8:00 – 9:15 PM Yin & Soundbath Faye A.		3:30 – 4:30 PM Community Class · Gentle Flow James E.		