BLOOM YOGA SPRING TIMETABLE

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **MON** | **TUE** | **WED** | **THU** | **FRI** | **SAT** | **SUN** |
| **545AM** |  | RISE + SHINE\* |  | RISE + SHINE\* |  |  |  |
| **900AM** |  |  |  |  |  | VINYASA FLOW |  |
| **915AM** |  | VINYASA FLOW |  |  |  |  | YIN |
| **930AM** | SLOW FLOW |  |  | VINYASA FLOW |  |  |  |
| **1030AM** |  |  |  |  |  | PREGNANCY\* |  |
| **11AM** |  | MUM + BABY\* |  | MUM + BABY\* |  |  |  |
| **1215PM** |  |  |  | PREGNANCY |  |  |  |
| **4PM** |  |  | KIDS 8-12\* | KIDS  5- 7\* |  | VINYASA FLOW |  |
| **445PM** |  |  | TEENS  12-16\* |  |  |  |  |
| **500PM** |  |  |  | TEENS  12 – 16\* |  |  |  |
| **600PM** | PREGNANCY\* | VINYASA FLOW | SLOW FLOW |  | FLOW + RESTORE |  |  |
| **615PM** |  |  |  | PREGNANCY\* |  |  |  |
| **730PM** | VINYASA FLOW | PREGNANCY\* | YIN + RESTORE | WOMEN’S WELLNESS\* |  |  |  |

\* bookings essential