

WINTER SCHEDULE

blossom wellness



| SUN | MON | TUE | WED | THU | FRI | SAT |
|---|---|---|---|--|--|---|
| | | | | | *7-830a ashtanga primary series w/johannah | |
| *9-1030a moderate integrative vinyasa w/kristin | *830-945a dakini yoga w/geraldine | *9-1015a strong and supple flow w/devon | *9-1015a gentle morning yoga w/anjali | *9-1015a slow flow w/carina | *9-1015a fire flow w/hope | *9-10a zumba w/megan |
| daytime *rotating classes & workshops | *10:30-1145a move & breathe with baby w/amy | *12-1p playful flow w/joanie | *12-1p noon total body blast w/emma | | | *1030a-12p vinyasa flow w/devon |
| *4-515p fire flow w/hope | | *4-515p kundalini yoga w/susi | | *430-530p radical rest & renewal w/anjali | evening rotating classes & workshops | evening rotating classes & workshops |
| *530-645p flow & restore w/hope | *530-645p feel-good flow w/ashley | *530-630p HIIT workout w/emma | *530-630p core power w/johannah | *6-7p power flow w/emily | | |
| | *7-815p candlelight yin & restore w/devon | *7-8/830p contemporary dance/ contact improv dance jam | *7-8:45pm blossom ecstatic dance w/joanie | | | |

*Accessible
pricing for
everyone*

Register



* beginner friendly

* Contemporary Dance w/emma
1st/3rd Tuesday
Contact Improv
2nd/4th Tuesday

please note that classes may be added or changed, always check our website!