

# FALL SCHEDULE

# blossom wellness



SUN	MON	TUE	WED	THU	FRI	SAT
			7-830a mysore w/johannah		7-830a ashtanga primary series w/johannah	
	* 830-930a fire flow w/hope					
* 9-1030a moderate integrative vinyasa w/kristin		* 9-1015a strong and supple flow w/devon	* 9-1015a gentle morning yoga w/anjali	* 9-1015a slow flow w/carina		* 9-10a zumba w/megan
	* 10:30-1145a move & breathe with baby w/amy	* 12-1p playful flow w/geraldine	* 12-1p noon total body blast w/emma			* 1030a-12p vinyasa flow w/devon
* daytime rotating classes & workshops		* 4-515p kundalini yoga w/susi				
					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	* 515-615p radical rest & renewal w/anjali		
	* 7-815p candlelight yin & restore w/devon	* 7-8/830p contemporary dance/ contact improv dance jam	* 7-8:45pm blossom ecstatic dance w/Sophia & Nadine	* 645-745p intermediate vinyasa flow w/emily		
* beginner friendly			* Contemporary Dance w/emma · 1st/3rd Tuesday Contact Improv 2nd/4th Tuesday			



please note that classes may be added or changed