Blossom Birth & Family

community • support • yoga • wellness

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 AM	:00							
	:15							
	:30							BTY: Slow Flow Vinyasa 8:30 - 9:30 AM
	:45							
9:00 AM	:00						PNY 9 - 10:15 AM	
	:15							
	:30							
	:45							
10:00 AM	:00		PNY 10 - 11:15 AM					PNY 10 - 11:15 AM
	:15							
	:30				MTY 10:30 - 11:30 AM	MBY 10:30 - 11:30 AM	MBY 10:30 - 11:30 AM	
	:45							
11:00 AM	:00							
	:15							
	:30							MBY 11:30 AM - 12:30 PM
	:45							
12:00 PM	:00	PNY 12 - 1:15 PM	MBY 12 - 1 PM	PNY 12 - 1:15 PM	PNY 12 - 1:15 PM	PNY 12 - 1:15 PM		
	:15							
	:30							
	:45							
1:00 PM	:00							
	:15							
	:30				MBY 1:30 - 2:30 PM			
	:45							
2:00 PM	:00							
	:15							
	:30							
	:45							
3:00 PM	:00	No Classes from 3:00 - 5:00 PM						
	:15							
	:30							
	:45							
4:00 PM	:00							
	:15							
	:30							
	:45							
5:00 PM	:00							
	:15				BTY: Slow Flow Vinyasa 5:15 - 6:15 PM			
	:30							
	:45							
6:00 PM	:00	PNY 6 - 7:15 PM						
	:15							
	:30		PNY 6:30 - 7:45 PM	PNY 6:30 - 7:45 PM	PNY 6:30 - 7:45 PM			
	:45							
7:00 PM	:00							
	:15							
	:30							
	:45							
8:00 PM	:00							
	:15							
	:30							
	:45							

PNY: Prenatal Yoga (Postpartum Moms Welcome)
MBY: Mom & Baby Yoga (Pre-Crawlers)
MTY: Mom & Toddler Yoga (Newborn - 5 Years)
BTY: Back to Yoga: Slow Flow Vinyasa or Core-Focus Vinyasa (Strength Building)

Register Online:

https://www.blossombirthandfamily.org/online_class_list_registration_links.html