

**BLOOM YOGA SCHEDULE:**Contact us at 619-333-0522 or reserve a spot in class on [mindbodyonline.com](http://mindbodyonline.com)

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>6 - 7 a Sculpt Level 2</b>	<b>6 - 7 a Core Flow All Levels</b>	<b>6 - 7 a MIX Technique All Levels</b>	<b>6 - 7 a Hatha Flow All Levels</b>	<b>6 - 7 a Sculpt Level 2</b>	<b>9 - 10 a Power Hour Level 2</b>	<b>9 - 10 a Power Hour Level 2</b>
<b>10 - 11 a Gentle All Levels</b>	<b>11 - 12 p Core Flow All Levels</b>	<b>10 - 11:15 a Gentle All Levels</b>	<b>11 - 12:15 a Power Hour Level 1</b>	<b>11 - 12 p Gentle All Levels</b>	<b>10:30 - 11:30a Gentle All Levels</b>	<b>10:30 - 11:15a KIDS yoga Ages 5-11</b>
<b>4:30 - 5:30 p Aerial Yoga All Levels</b>	<b>4:30 - 5:30 p Power Hour Level 2</b>	<b>4:30 - 5:30 p Core Flow Level 3</b>	<b>4:30 - 5:30 p Aerial Yoga All Levels</b>	<b>4:30 - 5:30 p Core Flow All Levels</b>	<b>12 - 1 p Core Flow All Levels</b>	<b>12 - 1 p Gentle All Levels</b>
<b>6 - 7 p Core Flow Level 2</b>	<b>6 - 7 p Core Flow All Levels</b>	<b>6-7:15 p Core Flow All Levels</b>	<b>6 - 7 p Core Flow Level 2</b>			
<b>7:30 - 8:30 p Yin + Restore All Levels</b>	<b>7:30 - 8:30 Yin Yoga All Levels</b>	<b>7:30 - 8:30 p Gentle All Levels</b>	<b>7:30 - 8:30 p Gentle All Levels</b>			

Disclaimer: Schedule is subject to change without notice, to have a regularly updated schedule go to [BloomYogaSD.com](http://BloomYogaSD.com) or [mindbodyonline.com](http://mindbodyonline.com)