



MINNEAPOLIS SCHEDULE

P 952 848 1111
www.blooma.com **BE BLOOMA WELL**

MONDAY

11:00 - 12:15 PM	Yoga for You! Vinyasa Flow with Childcare	Carrie Voda
4:45 - 5:30 PM	Kids Yoga	Kaye Standke
5:30 - 6:45 PM	Prenatal Yoga	Jennifer Colletti
7:15 - 9:00 PM	ChildBirth Collective Parent Topic Night —Free & Open to All	Childbirth Collective

TUESDAY

9:15 - 10:45 AM	Prenatal Yoga with Childcare	Sarah Longacre
11:00 - 12:00 PM	BYOB* Bring Your Own Baby Yoga	Allison Cunningham
4:30 - 5:30 PM	Yoga/Pilates Fusion for You! with Childcare begins 2/9	Jaime Pellegrine
6:00 - 7:00 PM	BYOB* Bring Your Own Baby Yoga	Lisa Bergly
6:00 - 7:15 PM	Prenatal Yoga	Sarah Longacre
7:30 - 9:00 PM	Swami Mommy Flow Weekly Class	Lisa Bergly

WEDNESDAY

6:00 - 7:00 AM	Early Bird Yoga for You! (discount pkg. available!)	Carrie Voda
9:30 - 10:45 AM	Prenatal Yoga with Childcare	Summer Michael
11:15 - 12:15 PM	Yoga for You! Vinyasa Flow with Childcare	Carrie Voda
5:00 - 6:00 PM	Prenatal Yoga	Cori Levin
5:30 - 6:45 PM	Yoga for You! Vinyasa Flow	Summer Michael
7:00 - 8:30 PM	Prenatal Yoga	Summer Michael

THURSDAY

6:00 - 7:00 AM	Early Bird Yoga for You! (discount pkg. available!)	Nan Gane
9:15 - 10:45 AM	Prenatal Yoga with Childcare	Sarah Longacre
11:00 - 12:00 PM	BYOB* Bring Your Own Baby Yoga	Jennifer Colletti
11:00 - 12:00 PM	BYOB* Crawlers Class	Allison Cunningham
6:00 - 7:15 PM	Prenatal Yoga	Sarah Longacre
7:30 - 8:45 AM	Yoga for You! Vinyasa Flow	Nan Gane

FRIDAY

9:15 - 10:30 AM	Prenatal Yoga	Jennifer Colletti
10:00 - 10:45 AM	Tots Yoga	Lisa Venticinque
11:00 - 12:15 PM	Yoga for You! Vinyasa Flow with Childcare	Ann Fink
4:45 - 5:45	Yoga for Tweens! (age 9-12) Begins April 9 th !	
1:00 - 9:00 PM	Workshops & Events: See Workshops Tab Online	Blooma Staff

SATURDAY

8:00 - 9:15 AM	Early Bird Prenatal (discounted pkg available!)	Jennifer Colletti
8:00 - 9:15 AM	Early Bird Yoga for You! (discount pkg. available!)	Carrie Voda
9:30 - 10:45 AM	Prenatal Yoga	Sarah Longacre
9:30 - 10:45 AM	Yoga for You! (begins 3/20)	Jennifer Colletti
11:00 - 12:00 PM	BYOB* Bring Your Own Baby Yoga	Alisa B./Jamee Y.
11:00 - 12:15 PM	Prenatal Yoga	Cori Levin/Allison C.
12:30 - 6:30 PM	Workshops & Events: See Workshops Tab Online	

SUNDAY

8:30 - 9:45 AM	Prenatal Yoga	Jessie Seehof
10:00 - 11:15 AM	Take It Easy Yoga	Laura Leventhal
10:30 - 12:00 PM	Women's Yoga: Kundalini with Helena	Helena Raghurib
11:30 - 12:30 PM	BYOB* Crawlers Class (thru 3/14)	Allison Cunningham
11:30 - 12:30 PM	Prenatal Yoga (begins 3/21)	Allison Cunningham
1:00 - 9:00 PM	Workshops & Events: See Workshops Tab Online	

View our Education & Workshop offerings online!



ST. PAUL SCHEDULE

P 952 848 1111
www.blooma.com **BE BLOOMA WELL**

Located within Health Foundations: 968 Grand Avenue, St. Paul

MONDAY

6:00 – 7:30 PM **Prenatal Yoga** Cynthia Levine

TUESDAY

9:30 - 10:45 AM **Prenatal Yoga** Summer Michael

Enlightened Mama Lamaze & Hypnobirthing on alternate months—see WORKSHOPS tab online

WEDNESDAY

9:30 - 10:45 AM **Prenatal Yoga** Cynthia Levine
11:00 -12:00 PM **BYOB* Bring Your Own Baby Yoga** Alisa Blackwood
5:30 - 6:45 PM **Prenatal Yoga** Emily Maclaury

SATURDAY

9:30 - 10:45 AM **Prenatal Yoga** Cynthia Levine

*Stay tuned as the year goes on for more of your Blooma Favorites—
Birthing Intensives, Infant Massage, and more!*

TO SIGN UP FOR ST. PAUL CLASSES:

Sign up like you usually do, but be sure to choose “St. Paul” for your location, in the upper right of the gold menu bar on our online scheduler.

Feel free to call with questions! 952-848-1111