



MINNEAPOLIS SCHEDULE

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

OUR WEEKLY SCHEDULE IS ONGOING

*Occasionally there are changes to the schedule—you can always check online for up-to-date info!
We welcome your advance registration, but feel free to drop-in!*

MONDAY

9:00 – 10:15 AM	Prenatal Yoga	Summer Michael
10:30 – 11:45 PM	Yoga for You! Vinyasa Flow with Childcare	Jesse Bennett
4:45 - 5:30 PM	Kids Yoga	Kaye Standke
5:30 - 6:45 PM	Prenatal Yoga	Sarah Longacre
7:15 - 9:00 PM	ChildBirth Collective Parent Topic Night —Free & Open to All	childbirthcollective.org

TUESDAY

6:00 - 7:00 AM	Early Bird Yoga for You! (discount pkg. available!)	Carrie Voda
9:15 - 10:45 AM	Prenatal Yoga with Childcare	Sarah Longacre
11:00 - 12:00 PM	BYOB* Bring Your Own Baby Yoga	Allison Cunningham
11:15 – 12:00 PM	Yoga for Preschoolers (ages 3-5, parents do NOT attend)	Betsy Sundell
4:30 – 5:30 PM	Yoga/Pilates Fusion for You! with Childcare	Jaime Pellegrine
6:00 - 7:15 PM	Prenatal Yoga	Sarah Longacre
6:00 – 7:00 PM	BYOB* Bring Your Own Baby Yoga	Theresa Bauman
7:30 - 9:00 PM	Yoga for You! Vinyasa Flow	Michelle Pietrzak-Wegner
7:30 – 8:45 PM	Restorative Prenatal Yoga	Laura Leventhal

WEDNESDAY

6:00 – 7:00 AM	Early Bird Prenatal Yoga (discount pkg. available!) BEGINS 8/4	Krista Margolis
9:30 - 10:45 AM	Prenatal Yoga with Childcare	Summer Michael
11:00 - 12:00 PM	BYOB* Bring Your Own Baby Yoga	Betsy Sundell
11:15 – 12:00PM	KIDS YOGA... Starts June 16 th ! Runs thru 8/18	Kaye S./Carol M.
5:00 - 6:00 PM	Prenatal Yoga	Stacy Seebart
6:15 - 7:15 PM	Prenatal Yoga	Sarah Longacre
7:30 - 8:45 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	Allison Cunningham
11:00 – 12:00 PM	Prenatal Express	Meredyth Johnson
6:00 - 7:15 PM	Prenatal Yoga	Allison Cunningham
7:30 - 8:45 AM	Yoga for You! Vinyasa Flow	Michelle Pietrzak-Wegner

FRIDAY

9:15 - 10:30 AM	Prenatal Yoga	Angela Vincent
10:00 - 10:45 AM	Tots Yoga (ages 3-5, WITH parent/adult)	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)	Carol Mathie

SATURDAY

8:00 - 9:15 AM	Early Bird Prenatal (discount pkg. available!)	Sarah Longacre
8:00 - 9:15 AM	Early Bird Yoga for You! (discount pkg. available!)	Carrie Voda
9:30 - 10:45 AM	Prenatal Yoga with Childcare	Sarah Longacre
11:00 - 12:00 PM	BYOB* Bring Your Own Baby Yoga	Betsy/Theresa
11:00 - 12:15 PM	Prenatal Yoga	Allison Cunningham
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/ Tonya K. summer
11:30 - 12:30 PM	Prenatal Yoga	Allison Cunningham
2:00 – 3:00 PM	BYOB*Crawlers: LAST SUNDAY of THE MONTH	Allison Cunningham
1:00 - 9:00 PM	Workshops & Events: See Workshops Tab Online	

View our Education & Workshop offerings online!



SHAKOPEE SCHEDULE

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OUR WEEKLY SCHEDULE IS ONGOING

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Located within St. Francis Hospital

TUESDAY

6:30 – 7:45 Prenatal Yoga Susan Colvin

FRIDAY

12:30 – 1:30 **BYOB* Bring Your Own Baby Yoga** **SOON! Check online** Susan Colvin

SUNDAY

11:00 – 12:15 Prenatal Yoga Susan Colvin

12:30 – 1:30 **BYOB* Bring Your Own Baby Yoga** Susan Colvin



ST. PAUL SCHEDULE

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

MONDAY

5:30-6:45 PM Prenatal Yoga Meredyth Johnson

TUESDAY

4:30 – 5:30 Prenatal Express Greta Fay
Enlightened Mama Lamaze & Hypnobirthing on alternate months—see WORKSHOPS tab online

WEDNESDAY

7:00 – 8:00 AM Prenatal Yoga Cynthia Levine
9:30 - 10:45 AM Prenatal Yoga Sarah Longacre
11:00 -12:00 PM **BYOB* Bring Your Own Baby Yoga** Alisa Blackwood
5:30 - 6:45 PM Prenatal Yoga Cynthia Levine

FRIDAY

10:00 – 11:00AM **BYOB* Bring Your Own Baby Yoga** Darcy Karl

SATURDAY

9:30 - 10:45 AM Prenatal Yoga Cynthia Levine
12:30 – 1:30 PM **BYOB* Bring Your Own Baby Yoga** Alisa / Darcy

*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 and SHAKOPEE CLASSES:

Sign up like you usually do, but be sure to choose “St. Paul” or “Shakopee” 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

