

Bloom

March 2020

SUN	MON	TUE	WED	THU	FRI	SAT
1 Core and Posture Slow Flow 45 m	2 Yoga Workout for Office Workers 25 m	3 Quick Energizing Morning Yoga Flow NEW CLASS	4 Hot Hot Heat Morning Flow - Firenze 14 m	5 Standing Fluidity Flow in the Rain 25 m	6 Intro to Power Yoga Day 21 17 m	7 Legs Vinyasa Flow - Animal Edition 47 m
8 Flexibility Flow for Gym Goers 40 m	9 Intro to Power Yoga Day 9 22 m	10 After Work Move Your Body Vinyasa Flow NEW CLASS	11 Apartment Friendly Full Body Intervals Round 2 17 m	12 Strong Like Bamboo Power Vinyasa 27 m	13 Resolution Day 22 Dream 30 m	14 Yoga for Work/Life Balance 37 m
15 One Hour Sweaty Mess Power Yoga 58 m	16 Apartment Friendly Upper Body Interval Training 18 m	17 St Patrick's Day Yoga for Fun NEW CLASS	18 Intro to Power Yoga Day 3 19 m	19 Spring into Spring Power Flow 40 m	20 Resolution Day 19 Connect 26 m	21 Bloom into Your Best Self Vinyasa Flow 45 m
22 Power Vinyasa for Obliques and Booty 44 m	23 Resolution Day 8 Roots 18 m	24 Power Yoga for Strong Arms and a Lean Physique NEW CLASS	25 Happy Belly Strong Core Power Vinyasa 28 m	26 HIIT for New Beginnings 20 m	27 Wake up and Roar Powerful Morning Flow 34 m	28 Limited Wrists Nice Twists 38 m
29 Gratitude Power Yoga Flow 44 m	30 Resolution Day 6 Brave 23 m	31 Dirty 30 Birthday Interval Yoga NEW CLASS				