

# BLOOM HOLISTIC COLLECTIVE CLASS TIMETABLE DEC23-FEB24

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45am to 6.45am	<b>WARM VINYASA YOGA</b> Donnamarie	<b>BLOOM26 HOT YOGA</b> Donnamarie	<b>WARM VINYASA YOGA</b> Angela	<b>BLOOM26 HOT YOGA</b> Donnamarie	<b>WARM VINYASA YOGA</b> Angela		
7.00am to 7.45am / 8.00am	<b>HATHA YOGA</b> Mel	<b>WARM VINYASA YOGA</b> Michael S	<b>HATHA YOGA</b> Mel	<b>WARM VINYASA YOGA</b> Michael S	<b>HATHA YOGA</b> Amanda	<b>7.00 - 8.00am WARM SLOW FLOW YOGA</b> Samantha	
8.00am or 8.15am						<b>8.15 - 9.15am MAT PILATES</b> Dana	<b>8.00 - 9.00am BLOOM26 HOT YOGA</b> Donnamarie
9.30am to 10.30am	<b>MAT PILATES</b> Katie	<b>HATHA YOGA</b> Selena	<b>YIN YOGA</b> Selena	<b>VINYIN YOGA</b> Mel	<b>VINYASA FLOW YOGA</b> Josie	<b>VINYIN YOGA</b> Rotating teaching roster	<b>9.30 - 11.15am MONTHLY - YOGA BEGINNER COURSE</b> check online for dates
	 <p><b>www.bloomholistic.com.au</b> 24 WATER ST, TOOWOOMBA 07 4599 9058 hello@bloomholistic.com.au</p>					<b>MONTHLY WORKSHOPS</b> full details online	<b>MONTHLY WORKSHOPS</b> full details online
4.00pm to 5.00pm							
5.30pm to 6.30pm	<b>HOT VINYASA YOGA</b> Josie	<b>VINYASA FLOW YOGA</b> Mel	<b>WARM SLOW FLOW YOGA</b> Sarah	<b>WARM HATHA YOGA</b> Amanda	<b>VINYIN YOGA</b> Josie		<b>SOUND BATHS MONTHLY</b> Donnamarie full details online
6.45pm to 7.45pm	<b>YIN YOGA</b> Selena	<b>SLOW HATHA YOGA</b> Donnamarie	<b>YOGIC MEDITATION</b> Karen	<b>BEGINNER'S SLOW FLOW YOGA</b> Donnamarie	<b>SOUND BATHS MONTHLY</b> Donnamarie full details online	LIVE & UPDATED TIMETABLE ONLINE	

UPDATED COURSES, WORKSHOPS & SPECIAL EVENTS INFO



**Workshops, Courses & Specialty Classes**, always check for updates [www.bloomholistic.com.au/workshops-courses--events.html](http://www.bloomholistic.com.au/workshops-courses--events.html)  
Beginner's Yoga Course - 3 consecutive Sundays - check online for upcoming dates.  
Sound Bath Meditations - check online for confirmed dates & special events.

**PLUS, MORE TO COME - CHECK ONLINE FOR UPDATES AND NEW OFFERINGS**