

SPECIAL OFFERINGS + PREREGISTERED SERIES

- minimum/maximum numbers apply
- preregistration + prepayment req'd to hold your spot

Aerial Restore + Sound Bath

Wed Sept 23| 730 - 845p | \$45

Enjoy a rare offering in our Suspension hammocks! A restorative approach paired to a Sound Bath. 10 students max. 5 students min

Thai Sound Bath

Fri Oct 16 | 630p - 8p | \$55

All the delicious nourishment of our Restorative Yoga paired to Thai Massage assists, but embellished with a beautiful Sound Bath. 14 students max. 7 students min.

Prenatal Yoga Series

Thursdays 6-7pm | Oct 8 - 29

4 weeks - \$70+hst
3 weeks - \$60+hst
Drop In - \$25 taxes in
Movement, rest, connection and breath. 5 students committed for the series for the class to run

ALL THE YOGA!

- Current Unlimited Pricing •
- Date Specific •

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PRE-REGISTER Classes! Indicates we require a minimum of 6 students registered by 10pm the night before for these classes to run and/or it is a busier class and will max out at 22 students. Do so via our website (live schedule tab)!						
9:30 - 10:30am Warm Mat Pilates Ang		6:15 - 7:00am Warm Mat Pilates EXPRESS PRE-REGISTER Dom	9:30 - 10:30am Warm Mat Pilates Ang	6:15 - 7:00am Warm Mat Pilates EXPRESS PRE-REGISTER Ang	8:00 - 9:00am Morning Hot Flow PRE-REGISTER Chelsea	9:00 - 10:00am Hot Glow Flow Chelsea
DIFFERENT DAY + TIME!					9:30 - 10:30am SOUTHAMPTON BEACH MORNING YOGA LAST CLASS SEPT 26 Chelsea	
schedule runs Sept 8 - Oct 31 note class cancelations for Thanksgiving Weekend						10:00 - 11:00am Freestyle Flow STARTS OCT 3 Chelsea
6:00 - 7:00pm Hot Fluid Flow NO CLASS OCT 12 Chelsea	5:30 - 6:30pm Hot Mat Pilates PRE-REGISTER Ang	5:30 - 6:30pm Hot Power Vinyasa Yoga PJ	6:00 - 7:00pm Yo-Bility (Yoga Mobility) Sept 10, 17 + 24, Oct 1 Cortney	5:30 - 6:30pm Hot Mixtape Flow \$7 KARMA CLASS Chantelle + Melissa		4:00 - 4:45pm Warm Mat Pilates EXPRESS NO CLASS OCT 11 Ang
	6:00 - 7:00pm SOUTHAMPTON BEACH EVENING YOGA LAST CLASS SEPT 29 Chelsea	SWITCHED!	6:00 - 7:00pm Prenatal Yoga PRE-REGISTERED SERIES 4 week series Oct 8 - 29 Melissa			IT'S BACK!
8:00 - 9:00pm Yin Yoga + Meditation NO CLASS OCT 12 \$7 KARMA CLASS Chelsea + Kerri	7:15 - 8:15pm Flow to Slow STARTS OCT 6 Chelsea	7:30 - 8:30pm Mindfulness + Rest Smorgasbord NO REGULAR CLASS Sept 23 - see side bar Sue B + Jewel	7:45 - 8:45pm Hot Sticky Flow Chelsea			

www.bloommetta.com
bloommettayoga@gmail.com
505 Alice St. Southampton, ON



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These passes are date specific. For example, a Fall Intentions pass purchased on Sept 10 will still expire on Oct 31. Unlimited passes are inclusive of all regular classes, and karma classes. Bloom reserves the right to cancel classes due to instructor illness, inclement weather, unforeseen circumstance. etc.