

FLOATING LOTUS STUDIO TIMETABLE

	M	T	W	Th	F	Sa	Su
6 AM	YOGA STRENGTH	YOGA FLOW	PILATES POWER	YOGA FLOW	PILATES BARRE	6.30AM YOGA STRENGTH	6.30AM PILATES POWER
7.15 AM	PILATES BARRE	PILATES BASICS	YOGA STRENGTH	YOGA FOUNDATIONS	YOGA STRETCH		
8 AM						PILATES BARRE	PILATES BASICS
9.15 AM	YOGA FLOW	YOGA STRENGTH	PILATES BARRE	PILATES BASICS	YOGA FOUNDATIONS	YOGA FLOW 90MINS	YOGA FOUNDATIONS
10.30 AM	PILATES POWER	YOGA FOUNDATIONS	YOGA YIN	YOGA STRETCH	PILATES BASICS		
3.30 PM							YOGA STRETCH
4.45 PM	YOGA STRETCH	PILATES BARRE	YOGA FLOW	YOGA STRENGTH	PILATES POWER	MEDITATION	
6 PM	YOGA FOUNDATIONS	YOGA FLOW	PILATES POWER	PILATES BARRE	YOGA YIN		
7.15 PM	PILATES BASICS	YOGA YIN	YOGA STRETCH	YOGA YIN			