

FLOATING LOTUS STUDIO TIMETABLE

	M	T	W	Th	F	Sa	Su
6 AM	GROW YOGA	FLOW YOGA	POWER PILATES	FLOW YOGA	BARRE	6.30AM GROW YOGA	6.30AM BARRE
7.15 AM	BARRE	PILATES	GROW YOGA	HELLO YOGA	SLOW YOGA		
8 AM						BARRE	PILATES
9.15 AM	FLOW YOGA	GROW YOGA	BARRE	PILATES	HELLO YOGA	FLOW YOGA 90MINS	HELLO YOGA
10.30 AM	POWER PILATES	HELLO YOGA	YIN YOGA	SLOW YOGA	MUMS & BUBS		
3.30 PM							SLOW YOGA
4.45 PM	SLOW YOGA	BARRE	FLOW YOGA	GROW YOGA	POWER PILATES	MEDITATION	
6 PM	HELLO YOGA	FLOW YOGA	POWER PILATES	BARRE	YIN YOGA		
7.15 PM	PILATES	YIN YOGA	SLOW YOGA	YIN YOGA			