

THE FLOATING LOTUS STUDIO TIMETABLE

	M	T	W	Th	F	Sa	Su
6:00 AM	YOGA STRENGTH	YOGA FLOW	PILATES BARRE	YOGA FOUNDATIONS	PILATES BASICS	6.30AM YOGA STRENGTH	
7.15 AM	PILATES BARRE	YOGA FOUNDATIONS	PILATES BASICS	PILATES POWER	YOGA FLOW		
8:00 AM						PILATES BARRE	PILATES BASICS
9.15 AM	YOGA FOUNDATIONS	PILATES BASICS	YOGA FLOW	YOGA STRETCH	YOGA STRENGTH	90MINS YOGA FLOW	YOGA FOUNDATIONS
10:30AM	PILATES BASICS	PILATES POWER	YOGA YIN	YOGA FOUNDATIONS	YOGA STRETCH		3.30PM YOGA STRETCH
4.45 PM	YOGA STRETCH	YOGA STRENGTH	PILATES BARRE	YOGA FLOW	PILATES POWER		MEDITATION
6:00 PM	MEDITATION	YOGA FLOW	PILATES POWER	PILATES BARRE	YOGA FOUNDATIONS		
7.15 PM	PILATES POWER	YOGA YIN	YOGA STRETCH	YOGA YIN	PILATES BARRE		