

THE FLOATING LOTUS STUDIO TIMETABLE

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