LOTUS STUDIO
FITNESS & WELLNESS

WEEKLY PLANNER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM	Leg Strength 6:00 AM - 6:30 AM 30 min | Book Now	Arms & Abs 6:00 AM - 6:30 AM 30 min | Book Now	Mat Pilates Sculpt Express 6:00 AM - 6:30 AM 30 min | Book Now	Express HIIT 6:00 AM - 6:30 AM 30 min | Book Now	Gentle Morning Yoga Flow 6:00 AM - 7:00 AM 60 min | Book Now	
6:30 AM	Express Tabata HIIT 6:35 AM - 7:05 AM 30 min | Book Now	Booty Builder 6:35 AM - 7:05 AM 30 min | Book Now	Arms & Abs 6:35 AM - 7:05 AM 30 min | Book Now	Strength & Sculpt 6:35 AM - 7:05 AM 30 min | Book Now		
8:00 AM	HIIT Strength & Reset 8:15 AM - 9:05 AM 50 min | Book Now		Mat Pilates Sculpt 8:15 AM - 9:05 AM 50 min | Book Now		Kickboxing Strength 8:15 AM - 9:05 AM 50 min | Book Now	Circuit Training 8:00 AM - 9:00 AM 60 min | Book Now
9:00 AM	Lotus Flow Yoga 9:20 AM - 10:20 AM 60 min | Book Now	Cardio Kickboxing 9:20 AM - 9:50 AM 30 min | Book Now	Cross Training Reset 9:20 AM - 10:10 AM 50 min | Book Now	Power Sculpt Yoga 9:20 AM - 10:20 AM 60 min | Book Now	Mat Pilates Sculpt 9:20 AM - 10:10 AM 50 min | Book Now	
10:00 AM	Abs & Glutes 10:30 AM - 11:00 AM 30 min | Book Now	Express HIIT 10:00 AM - 10:30 AM 30 min | Book Now	Dynamic Strength Yoga 10:30 AM - 11:30 AM 60 min | Book Now	Booty Builder 10:30 AM - 11:00 AM 30 min | Book Now	Yin Restore Yoga 10:30 AM - 11:30 AM 60 min | Book Now	
				Cardio Dance 11:05 AM - 11:35 AM 30 min | Book Now	Healthy Aging 12:00 PM - 1:00 PM 60 min | Book Now	
5:30 PM	Back & Abs 5:30 PM - 6:00 PM 30 min | Book Now	Arms 5:30 PM - 6:00 PM 30 min | Book Now		Leg Strength 5:30 PM - 6:00 PM 30 min | Book Now		
6:00 PM	Upper Body Circuit 6:05 PM - 6:55 PM 50 min | Book Now	Lower Body Circuit 6:05 PM - 6:55 PM 50 min | Book Now	Sculpt & Flow Power Yoga 6:05 PM - 6:55 PM 50 min | Book Now	Mat Pilates Sculpt 6:05 PM - 6:55 PM 50 min | Book Now	Yin Restore Yoga 5:45 PM - 6:45 PM 60 min | Book Now	
7:00 PM	Strength & Mobility 7:10 PM - 8:10 PM 60 min | Book Now	Dynamic Strength Yoga 7:10 PM - 8:10 PM 60 min | Book Now	Yin Restore Yoga 7:10 PM - 8:10 PM 60 min | Book Now	Cross Training Reset 7:10 PM - 8:10 PM 60 min | Book Now		