LOTUS STUDIO
FITNESS & WELLNESS

WEEKLY PLANNER
lotusfitandwell.com

Legend: ● Strength, HIIT & Pump ○ Pilates (Sculpt & Tone) ● Cardio & Dance ● Yoga (Mind & Stretch)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15 AM	HIIT Strength 6:15 AM - 6:55 AM 40 min	Mat Pilates Sculpt 6:15 AM - 6:55 AM 40 min	Full Body w/ Weights 6:15 AM - 6:55 AM 40 min	Strength & Tone Mat Pilates 6:15 AM - 6:55 AM 40 min	Gentle Yoga Flow 6:15 AM - 7:00 AM 45 min	
7:10 AM	Legs & Glutes Strength 7:10 - 7:40 AM - 30 min	Strength & Sculpt 7:10 AM - 7:50 AM 40 min		Lotus Flow Yoga 7:10 AM - 7:50 AM 40 min	HIIT Strength Express 7:10 - 7:40 AM - 30 min	
8:10 AM		Arms & Abs 8:10 - 8:50 AM 40 min	Mat Pilates Sculpt 8:10 - 9:00 AM 50 min	Legs & Glutes Strength 8:10 - 8:50 AM 40 min		Unique Saturday Class 8:00 AM - 9:00 AM 60 min
9:15 AM	Lotus Flow Yoga 9:15 AM - 10:05 AM 50 min	Mat Pilates Express 9:15 - 9:45 AM - 30 min	Booty Builder 9:15 - 9:45 AM - 30 min	Strengthen & Lift Yoga 9:15 - 9:45 AM - 30 min	Mat Pilates Sculpt 9:15 AM - 10:05 AM 50 min	
9:50 AM		Cardio Kickboxing 9:50 - 10:20 AM - 30 min	Mat Pilates Express 9:50 - 10:20 AM - 30 min	Stretch & Mobility 9:50 - 10:20 AM - 30 min		
10:30 AM	Cardio Dance 10:30 - 11:00 AM - 30 min	Mat Pilates Sculpt 10:30 - 11:20 AM 50 min	Lotus Flow Yoga 10:30 AM - 11:20 AM 50 min	Abs & Glutes 10:30 - 11:00 AM - 30 min	Weight Lifting Tone 10:30 - 11:00 AM - 30 min	
11:05 AM	Booty Builder 11:05 - 11:35 AM - 30 min			Cardio Dance 11:05 AM - 11:50 AM 45 min	Cardio Kickboxing 11:05 - 11:35 AM - 30 min	
12:00 PM					Gentle Yoga 12:00 - 1:00 PM 60 min	
5:30 PM	Back & Abs 5:30 - 6:00 PM - 30 min	Lower Body Strength w/ Weights 5:30 - 6:00 PM - 30 min	Upper Body Strength w/ Weights 5:30 - 6:00 PM - 30 min	Full Body Shred w/ Weights 5:30 - 6:00 PM - 30 min		
6:10 PM	Strength & Mobility 6:10 PM - 7:10 PM 60 min	Mat Pilates Sculpt 6:10 - 7:00 PM 50 min	Sculpt & Flow 6:10 - 7:00 PM 50 min	Mat Pilates Sculpt 6:10 - 7:00 PM 50 min	Yin Restore Yoga 5:45 - 6:45 PM 60 min	
7:15 PM	Mat Pilates Sculpt 7:20 - 8:05 PM 45 min	Lotus Flow Yoga 7:15 - 8:15 PM 60 min	Yin Restore Yoga 7:15 - 8:15 PM 60 min	Power Flow Yoga 7:15 - 8:15 PM 60 min		

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