



FTG HOTHOUSE STUDIO

FEBRUARY SCHEDULE

MON	TUE	WED	THU	FRI	SUN
THE PULSE 5:30a w/meghan					
			THE FORM 8:30a w/meghan		THE BLAST 7:45a w/lori
		THE RELEASE 10a w/meghan		THE BLEND 9:45a w/meghan & lainey	
THE BLAST 4:30p w/lori					
THE RELEASE MEDITATION MONDAY 6p w/meghan	THE BLEND 5p w/meghan	THE BLAST 5p w/lori	THE PULSE 5p w/meghan		

THE BLAST - Hot Barre

THE BLEND - Hot Pilates/Isometrics/Stretch

THE BURN - Hot Glutes & Core

THE FORM - Hot Pilates w/ reformer-like equipment

THE PULSE - Hot Pilates

THE RELEASE - Hot Deep Stretch & Fascia Release

THE RELEASE MEDITATION MONDAY - Hot Stretch

RATES - non-member: 20/session member: 18/session | 169 for 10 sessions

2025