



FTG HOTHOUSE STUDIO

MAY SCHEDULE

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

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 w/ interwoven meditations

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

2024