



FTG HOTHOUSE STUDIO

MARCH SCHEDULE

MON	TUE	WED	THU	FRI	SUN
THEFLOW 5:30a w/caitlin		THEPULSE 5:30a w/meghan			
	THEBLEND 8:30a w/lainey		THEBLEND 8:30a w/lainey		
THEBLAST RESTORE 10a w/lori		THERELEASE 10a w/meghan		THEPULSE 9:45a w/meghan	THEBLAST 10a w/lori
	THEBLEND 5:30p w/lainey	THEBLAST 5:30p w/lori	THEPULSE 5:30p w/meghan	THEBLAST 5:30p w/lori	
THERELEASE MEDITATION MONDAY 6p w/meghan					

THEBLAST - Hot Barre
THEBLASTRESTORE - Hot Barre & Relaxation
THEBLEND - Hot Pilates/Yoga/Stretch
THEFLOW - Hot Yoga

THEPULSE - Hot Pilates
THERELEASE- Hot Deep Stretch & Fascia Release
THERELEASE MEDITATION MONDAY- Hot Stretch
 with interwoven meditations

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

2023