



FTG HOTHOUSE STUDIO

MAY SCHEDULE

MON	TUE	WED	THU	FRI	SUN
THE RELEASE 5:30a w/meghan		THE PULSE 5:30a w/meghan			
THE BLAST RESTORE 10a w/lori		THE RELEASE 10a w/meghan		THE PULSE 9:45a w/meghan	THE BLAST 10a w/lori
	THE BURN 6p w/lainey	THE BLAST 6p w/lori	THE PULSE 6p w/meghan	THE BLAST 6p w/lori	

THE FLOW - Hot Yoga

THE BLAST - Hot Barre

THE BLAST RESTORE - Hot Barre & Relaxation

THE RELEASE - Hot Deep Stretch & Fascia Release

THE BURN - Hot Glutes & Core

THE PULSE - Hot Pilates

THE RESISTANCE - Hot Strength & Stretch

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