



## February

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Vinyasa Yoga 9:00 Shannon	Alignment Yoga 8:00 Patricia V	Vinyasa Yoga 9:00 Liz	Pilates Tower 9:00 Debi	Vinyasa Yoga 9:00 Pam	Vinyasa Yoga 8:45 Pam	Pilates Tower 9:00 Susan
Pilates Mat Fusion 9:00 Beth	Vinyasa Yoga 9:30 Pam	Pilates Circuit 9:00 Susan/Debi	Alignment Restorative Yoga 9:30 Patricia V	Pilates Tower Basics 9:00 Susan	Pilates Tower 9:00 Susan	Yoga Basics 10:00 Pam
Pilates Tower 10:00 Beth	Pilates Tower 10:00 Susan	Pilates Tower 10:00 Debi	Pilates Tower 10:00 Debi	Pilates Tower 10:00 Beth	Alignment Yoga 10:00 Patricia V	
	Pilates Tower Basics 11:00 Susan		Pilates TRX 11:00 Debi		Pilates Tower 10:00 Susan	
Mat Pilates** 6:00pm Debi	Alignment Yoga 5:30pm Patricia V	Mat Pilates** 6:00pm Beth			Alignment Yoga Basics 11:30 Patricia V	
Pilates Circuit 7:00pm Debi	Vinyasa Yoga 7:00pm Pam	Pilates Tower 7:00pm Beth	Kripalu Yoga 6:00pm Patty H			
		Yoga Basics 7:00pm rotating				

Pilates Intro To Tower Package or prior Tower experience is prerequisite for joining Tower classes

**Pricing: Yoga**

\$20 drop in, \$175 10 classes\*

\*3 month expiration, add'l packages available

**Pilates Equipment Classes**

Tower: \$30 drop in, \$275 10 classes\*

Circuit: \$35 drop in

\*\*Pilates Mat Session: Jan 2 – Feb 29, please register or \$20 drop in

[www.lotusmindandbodystudio.com](http://www.lotusmindandbodystudio.com)  
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