



Luminate Studios

Everything you need is already inside of you.  
tap into it.



**Monday, Mar 28, 2022 (CDT)**

- 5:30 PM **IN STUDIO -Hip Hop Sculpt** [Book](#)  
60 min with April B.
- 6:00 PM **Do You Bounce-CLICK HERE** [Book](#)  
60 min with Jules W.  
🎧 Harmony
- 7:00 PM **IN STUDIO - Heated Vinyasa** [Book](#)  
75 min with Lydia D.
- 7:00 PM **Virtual - VINYASA** [Book](#)  
75 min with Lydia D.

**Tuesday, Mar 29, 2022 (CDT)**

- 5:30 AM **IN STUDIO - WARM Hips &...** [Book](#)  
60 min with Terra S.
- 5:30 AM **Virtual - Hips and Hamstri...** [Book](#)  
60 min with Terra S.
- 5:30 PM **IN STUDIO - Fit, Focused &...** [Book](#)  
60 min with Shana P.
- 7:00 PM **In STUDIO - Yin Yoga** [Book](#)  
75 min with Roxanne J.

**Wednesday, Mar 30, 2022 (CDT)**

- 5:30 AM **IN STUDIO - Heated Vinyasa** [Book](#)  
60 min with Lydia D.
- 5:30 AM **Virtual - VINYASA** [Book](#)  
60 min with Lydia D.
- 4:30 PM **IN STUDIO - Barre Blast** [Book](#)  
50 min with Shana P.  
🎧 Lotus
- 6:00 PM **Do You Bounce-CLICK HERE** [Book](#)  
60 min with Jules W.  
🎧 Harmony
- 7:00 PM **IN STUDIO - Warm Vinyas...** [Book](#)  
60 min with Amanda S.
- 7:00 PM **Virtual - VINYASA** [Book](#)  
60 min with Amanda S.

**Thursday, Mar 31, 2022 (CDT)**

- 5:30 AM **In Studio - Cardio Sculpt** [Book](#)  
45 min with Hayley L.
- 5:30 AM **Virtual - Cardio Sculpt** [Book](#)  
45 min with Hayley L.
- 12:10 PM **IN STUDIO - Easy Flow** [Book](#)  
45 min with Roxanne J.
- 12:10 PM **Virtual-Easy Flow** [Book](#)  
45 min with Roxanne J.
- 5:30 PM **Happy Hour Heated Vinya...** [Book](#)  
60 min with Lydia D.  
🎧 Lotus
- 7:00 PM **Virtual-Easy Flow** [Book](#)  
60 min with Amanda S.
- 7:00 PM **In Studio - Warm Easy Flow** [Book](#)  
60 min with Amanda S.

**Friday, Apr 1, 2022 (CDT)**

- 5:30 AM **IN STUDIO - Heated Vinyasa** [Book](#)  
60 min with Amanda S.
- 5:30 AM **Virtual - VINYASA** [Book](#)  
60 min with Amanda S.
- 12:10 PM **IN STUDIO - Barre** [Book](#)  
45 min with Jenn H.
- 12:10 PM **VIRTUAL Barre** [Book](#)  
45 min with Jenn H.

**Saturday, Apr 2, 2022 (CDT)**

- 7:45 AM **Barre Flow** [Book](#)  
60 min with Sommer H.  
🎧 Lotus
- 9:30 AM **Intro to Do You Bounce** [Book](#)  
60 min with Jules W.  
🎧 Lotus

**Sunday, Apr 3, 2022 (CDT)**

- 10:30 AM **Virtual-Easy Flow** [Book](#)  
60 min with Lydia D.
- 10:30 AM **In Studio - Warm Easy Flow** [Book](#)  
60 min with Lydia D.