

Summer Schedule  
June 4 – August 31



443.949.7553  
www.bluelotusannapolis.com

| MONDAY                              | TUESDAY                               | WEDNESDAY                          |                                 | THURSDAY                            | FRIDAY                                | SATURDAY                                | SUNDAY                             |
|-------------------------------------|---------------------------------------|------------------------------------|---------------------------------|-------------------------------------|---------------------------------------|---|------------------------------------|
| 6:15-7:00 am<br>BLYS Sculpt Express | 5:45-6:45 am<br>BLYS Classic Barre    | 6:00-7:00 am<br>**Outdoor Yoga**   |                                 | 5:45-6:45 am<br>BLYS Sculpt         | 6:15-7:00 am<br>BLYS Yoga Express     |   |                                    |
|                                     | 8:30-9:30 am<br>BLYS Gentle           |                                    |                                 |                                     |                                       | 8:30-9:45 am<br>BLYS Yoga 2             | 8:30-9:30 am<br>BLYS Classic Barre |
|                                     |                                       |                                    |                                 |                                     |                                       |   | 9:00-10:00 am<br>**Outdoor Yoga**  |
| 9:30-10:30<br>BLYS Yoga 1           | 9:30-10:30 am<br>BLYS Classic Barre   |                                    |                                 | 9:30-10:30 am<br>BLYS Classic Barre | 9:30-10:30 am<br>BLYS Beats           |   |                                    |
| 9:45-10:45 am<br>BLYS Classic Barre | 9:45-10:45 am<br>BLYS Yoga 2          | 9:45-10:30<br>Sculpt<br>Express    | 9:45-10:30<br>BLYS Kids<br>Yoga | 9:45-10:45 am<br>BLYS Yin & Yin     | 9:45-10:45 am<br>BLYS Classic Barre   |   |                                    |
|                                     |                                       |                                    |                                 |                                     |                                       | 10:00-11:00 am<br>BLYS Classic Barre    | 10:00-11:00 am<br>BLYS Sculpt      |
| 10:45-11:45 am<br>BLYS Yin          |                                       | 10:45-11:45 am<br>BLYS Yin         |                                 |                                     | 10:45-11:45 am<br>BLYS Yin            |   |                                    |
|                                     |                                       |                                    |                                 |                                     |                                       | 11:00-12:00 pm<br>BLYS Gentle           |                                    |
|                                     |                                       |                                    |                                 |                                     | 12:00-<br>12:45 pm<br>Yoga<br>Express | 12:00-<br>12:45 pm<br>BLYS Kids<br>Yoga |                                    |
|                                     |                                       |                                    |                                 |                                     |                                       |   | 4:00-5:00 pm<br>BLYS Gentle        |
|                                     | 5:00-6:00 pm<br>BLYS Cardio Sculpt    |                                    |                                 |                                     |                                       |   |                                    |
| 5:30-6:45 pm<br>*BLYS Yoga 2*       | 5:30-6:45 pm<br>BLYS Beats            | 5:30-6:45 pm<br>BLYS Yoga 2        |                                 | 5:30-6:30 pm<br>BLYS Yoga 2         | 5:30-6:30 pm<br>**Outdoor Yoga**      |   |                                    |
| 6:00-7:00 pm<br>BLYS Sculpt         |                                       | 6:00-7:00 pm<br>BLYS Classic Barre |                                 | 6:00-7:00 pm<br>BLYS Classic Barre  |                                       |   |                                    |
|                                     | 6:30-7:30 pm<br>**Outdoor Mat Barre** |                                    |                                 |                                     |                                       |   |                                    |
| 7:00-8:00 pm<br>BLYS Gentle         | 7:00-8:15 pm<br>BLYS Yoga 2           |                                    |                                 | 7:00-8:00 pm<br>Candlelight Yin     |                                       |   |                                    |
|                                     |                                       | 7:30-8:30 pm<br>BLYS Yoga 1        |                                 |                                     |                                       |   |                                    |

\*In July, we will hold our "Monday Night Masters Series" on select Mondays from 5:30-6:45 pm. Check the BLYS online "events" page for details.

\*\*Outdoor classes take place at Bembe Beach Yoga located on the floating dock at Annapolis Sailing School at 7001 Bembe Beach Rd, Annapolis, MD, 21403.