



STUDIO SCHEDULE

February 5th - February 11th

BEGINNER : FOUNDATIONS, BARRE 57, SWEAT IN 30

INTERMEDIATE : CARDIO BARRE , MAT 57, CARDIO BARRE PLUS, FIT, BACK BODY BLAZE

ADVANCED : HIIT, AMPED UP!

MONDAY

07:15 AM	STRENGTH LAB (PUSH) - ANISHA
07:30 AM	BARRE 57 - SIMONELLE
08:00 AM	powerCycle Express - MRIGAKSHI
08:30 AM	MAT 57 - ANISHA
09:00 AM	STRENGTH LAB (PUSH) - MRIGAKSHI
10:00 AM	BARRE 57 - SIMONELLE
11:15 AM	CARDIO BARRE PLUS - MRIGAKSHI
05:45 PM	MAT 57 EXPRESS - CAUVERI
06:00 PM	FIT - ATULAN
06:45 PM	BARRE 57 - CAUVERI
07:00 PM	powerCycle - RAUNAK
07:15 PM	STRENGTH LAB (PUSH) - ATULAN

TUESDAY

07:30 AM	FIT - ROHAN
07:30 AM	powerCycle - BRETT
08:30 AM	AMPED UP! - RESHMA
09:00 AM	BARRE 57 - KARAN
09:00 AM	STRENGTH LAB (FULL BODY) - ROHAN
10:00 AM	powerCycle - BRETT
11:00 AM	MAT 57 - RESHMA
05:45 PM	BARRE 57 - RICHARD
06:00 PM	STRENGTH LAB (FULL BODY) - ANISHA
07:15 PM	powerCycle - RICHARD
07:15 PM	FIT - ANISHA

WEDNESDAY

07:30 AM	CARDIO BARRE - ANISHA
07:30 AM	STRENGTH LAB (PULL) - ATULAN
08:00 AM	powerCycle - ROHAN
08:45 AM	STRENGTH LAB (PULL) - ATULAN
09:00 AM	BARRE 57 - ANISHA
09:00 AM	BACK BODY BLAZE - ROHAN
10:15 AM	CARDIO BARRE - ATULAN
11:30 AM	BARRE 57 - ROHAN
06:00 PM	STRENGTH LAB (PULL) - PRANJALI
06:15 PM	CARDIO BARRE EXPRESS - SIMONELLE
06:30 PM	powerCycle - ANMOL
07:15 PM	BARRE 57 - SIMONELLE
07:15 PM	MAT 57 - PRANJALI

THURSDAY

07:30 AM	MAT 57 EXPRESS - CAUVERI
08:00 AM	powerCycle - VIVARAN
09:00 AM	BARRE 57 - CAUVERI
09:15 AM	STRENGTH LAB (PUSH) - VIVARAN
09:30 AM	powerCycle - RAUNAK
10:15 AM	BACK BODY BLAZE - CAUVERI
11:00 AM	FIT - VIVARAN
06:00 PM	powerCycle - ROHAN
06:00 PM	FIT - ANISHA
07:15 PM	STRENGTH LAB (PULL) - ANISHA
07:15 PM	BARRE 57 - ROHAN



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FRIDAY

- 07:30 AM** BACK BODY BLAZE EXPRESS - MRIGAKSHI
 - 08:30 AM** powerCycle - BRET
 - 08:30 AM** BARRE 57 - RICHARD
 - 09:00 AM** FIT - MRIGAKSHI
 - 10:00 AM** powerCycle - BRET
 - 11:00 AM** STRENGTH LAB (FULL BODY) - MRIGAKSHI
 - 11:15 AM** CARDIO BARRE - RICHARD
 - 05:45 PM** BARRE 57 - VIVARAN
 - 06:00 PM** STRENGTH LAB (FULL BODY) - ANISHA
 - 07:00 PM** CARDIO BARRE PLUS - VIVARAN
 - 07:15 PM** powerCycle Express - ANISHA

SATURDAY

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|-----------------|--------------------------------|
| 08:00 AM | CARDIO BARRE EXPRESS - CAUVERI |
| 09:00 AM | FIT - RESHMA |
| 10:00 AM | powerCycle - CAUVERI |
| 10:15 AM | MAT 57 - PRANJALI |
| 10:15 AM | BARRE 57 - RESHMA |
| 11:30 AM | powerCycle - CAUVERI |
| 11:30 AM | BARRE 57 - PRANJALI |
| 11:30 AM | STRENGTH LAB (PULL) - RESHMA |
| 04:30 PM | powerCycle - BRET |
| 05:30 PM | BARRE 57 - SIMONELLE |

SUNDAY

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|-----------------|---|
| 10:00 AM | STRENGTH LAB (FULL BODY) - RICHARD |
| 10:00 AM | powerCycle - RAUNAK |
| 10:15 AM | CARDIO BARRE - ROHAN |
| 11:30 AM | powerCycle - RAUNAK |
| 11:30 AM | BARRE 57 - ROHAN |
| 04:00 PM | BARRE 57 - SIMRAN |
| 05:00 PM | powerCycle - ANMOL |
| 05:15 PM | MAT 57 - SIMRAN |