



BANDRA

STUDIO SCHEDULE

January 31st - February 6th

BEGINNER : FOUNDATIONS, BARRE 57, SWEAT IN 30

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

MONDAY

7:30 AM	MAT 57 - SIMRAN
8:45 AM	powerCycle - BRET
9:00 AM	CARDIO BARRE - SIMRAN
9:45 AM	BARRE 57 - KARAN
10:00 AM	powerCycle - BRET
11:30 AM	BARRE 57 - KARAN
6:00 PM	powerCycle - VIVARAN
6:15 PM	BARRE 57 - PRANJALI
7:30 PM	powerCycle - VIVARAN
7:30 PM	FIT - PRANJALI

TUESDAY

7:15 AM	BARRE 57 - MRIGAKSHI
8:00 AM	powerCycle - VIVARAN
8:30 AM	CARDIO BARRE EXPRESS - SIMRAN
9:30 AM	BARRE 57 - VIVARAN
9:45 AM	powerCycle - VIVARAN
11:00 AM	BACK BODY BLAZE - VIVARAN
5:45 PM	MAT 57 - SIMONELLE
6:00 PM	FIT - RICHARD
7:00 PM	BARRE 57 - SIMONELLE
7:15 PM	powerCycle Express - SIMONELLE

WEDNESDAY

7:30 AM	CARDIO BARRE - VIVARAN
8:45 AM	BACK BODY BLAZE - VIVARAN
9:00 AM	BARRE 57 - RESHMA
10:15 AM	CARDIO BARRE - KARAN
10:30 AM	powerCycle - RESHMA
11:00 AM	FIT - VIVARAN
6:00 PM	CARDIO BARRE EXPRESS - SIMRAN
6:00 PM	powerCycle - MRIGAKSHI
7:15 PM	BARRE 57 - SIMRAN
7:15 PM	BACK BODY BLAZE EXPRESS - MRIGAKSHI

THURSDAY

7:15 AM	FIT - RICHARD
8:00 AM	powerCycle - ANISHA
9:00 AM	BARRE 57 - RICHARD
9:30 AM	MAT 57 - ANISHA
10:30 AM	powerCycle Express - ROHAN
11:00 AM	BARRE 57 - ANISHA
6:00 PM	powerCycle - ANMOL
6:15 PM	BARRE 57 - CAUVERI
7:15 PM	powerCycle - ANMOL
7:30 PM	FIT - CAUVERI



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FRIDAY

7:30 AM	BACK BODY BLAZE - PRANJALI
8:00 AM	powerCycle - RAUNAK
9:00 AM	FIT - ATULAN
9:30 AM	BARRE 57 - PRANJALI
10:15 AM	CARDIO BARRE - ATULAN
11:00 AM	MAT 57 - PRANJALI
6:00 PM	powerCycle - CAUVERI
6:00 PM	BARRE 57 - SIMRAN
7:15 PM	MAT 57 EXPRESS - SIMRAN
7:30 PM	powerCycle Express - CAUVERI

SATURDAY

9:00 AM	BARRE 57 - ATULAN
9:30 AM	powerCycle - ROHAN
10:15 AM	FIT - ATULAN
10:15 AM	CARDIO BARRE - KARAN
11:00 AM	powerCycle - ROHAN
11:30 AM	BARRE 57 - ATULAN
5:00 PM	powerCycle - ANMOL
6:15 PM	CARDIO BARRE - SIMONELLE

SUNDAY

- 10:00 AM** powerCycle - CAUVERI
- 10:15 AM** BARRE 57 - KARAN
- 11:30 AM** CARDIO BARRE - KARAN
- 11:30 AM** powerCycle - CAUVERI
- 5:00 PM** MAT 57 - RESHMA
- 6:30 PM** powerCycle - RICHARD