


December 6th - December 13th

BEGINNER : FOUNDATIONS, BARRE 57, SWEAT IN 30

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

ADVANCED : HIIT, AMPED UP!

MONDAY

7:15 AM	STRENGTH LAB (PULL) - ANISHA
7:30 AM	BARRE 57 - SIMONELLE
8:00 AM	powerCycle - RESHMA
8:30 AM	MAT 57 - ANISHA
9:15 AM	STRENGTH LAB (PUSH) - RESHMA
10:00 AM	BARRE 57 - SIMONELLE
11:30 AM	CARDIO BARRE PLUS - RESHMA
5:45 PM	MAT 57 EXPRESS - PRANJALI
6:00 PM	powerCycle - ANMOL
6:00 PM	FIT - ATULAN  SUPER SETS
6:45 PM	BARRE 57 - PRANJALI
7:15 PM	STRENGTH LAB (PULL) - ATULAN
7:30 PM	powerCycle - ANMOL

TUESDAY

7:30 AM	powerCycle - RICHARD	
7:30 AM	FIT - PRANJALI	⚡ SUPER SETS
8:30 AM	AMPED UP! - RESHMA	⚡ ENDURANCE CHALLENGE
9:00 AM	BARRE 57 - RICHARD	
9:00 AM	STRENGTH LAB (FULL BODY) - PRANJALI	
10:15 AM	CARDIO BARRE EXPRESS - PRANJALI	
10:30 AM	powerCycle - RICHARD	
11:00 AM	MAT 57 - RESHMA	
5:45 PM	BARRE 57 - ANISHA	
6:00 PM	STRENGTH LAB (PULL) - ATULAN	
6:00 PM	powerCycle - ANMOL	
7:15 PM	powerCycle - ANISHA	⚡ ONLY LEGENDS
7:15 PM	FIT - ATULAN	⚡ SUPER SETS

WEDNESDAY

7:30 AM	CARDIO BARRE - ANISHA
7:30 AM	STRENGTH LAB (PUSH) - PRANJALI
8:00 AM	powerCycle - CAUVERI
8:45 AM	STRENGTH LAB (PULL) - PRANJALI
9:00 AM	BACK BODY BLAZE - ANISHA
9:15 AM	BARRE 57 - CAUVERI
10:15 AM	CARDIO BARRE - PRANJALI
11:00 AM	powerCycle - Anmol
11:30 AM	BARRE 57 - CAUVERI
5:45 PM	BARRE 57 - KARAN
6:00 PM	STRENGTH LAB (PUSH) - RESHMA
6:15 PM	CARDIO BARRE EXPRESS - ATULAN
7:00 PM	BARRE 57 - KARAN
7:15 PM	MAT 57 - ATULAN
7:30 PM	powerCycle - RESHMA

THURSDAY

7:15 AM	STRENGTH LAB (PUSH) - RICHARD
7:30 AM	MAT 57 EXPRESS - MRIGAKSHI
8:00 AM	powerCycle - VIVARAN
9:00 AM	BARRE 57 - RICHARD
9:00 AM	STRENGTH LAB (PULL) - MRIGAKSHI
9:30 AM	powerCycle - VIVARAN
10:15 AM	CARDIO BARRE - RICHARD
11:00 AM	FIT - VIVARAN ⚡ SUPER SETS
5:45 PM	powerCycle - KARAN
6:15 PM	BACK BODY BLAZE EXPRESS - ATULAN
7:15 PM	STRENGTH LAB (PUSH) - ATULAN
7:15 PM	BARRE 57 - KARAN
7:15 PM	BARRE 57 - SIMRAN

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ADVANCED : HIIT, AMPED UP!

INTERMEDIATE • CARDIO BARRE • MAT 57 • INTERMEDIATE • CARDIO BARRE • MAT 57 • INTERMEDIATE • CARDIO BARRE • MAT 57 • INTERMEDIATE • CARDIO BARRE