

# **STUDIO SCHEDULE**

# *February 9th - February 15th*

## BEGINNER : FOUNDATIONS, BARRE 57, POWERCYCLE

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

#### **ADVANCED : HIIT, AMPED UP!, STRENGTH LAB!**

# MONDAY

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

# TUESDAY

- |                 |   |
|-----------------|---|
| <b>07:30 AM</b> | FIT - ROHAN   |
| <b>07:30 AM</b> | powerCycle - BRET   |
| <b>08:30 AM</b> | AMPED UP! - RESHMA  |
|                 |  HEART RATE & HEAR |
| <b>09:00 AM</b> | BARRE 57 - KARAN  |
| <b>09:00 AM</b> | STRENGTH LAB (FULL BODY) - ROHAN  |
| <b>10:00 AM</b> | powerCycle - BRET   |
| <b>11:00 AM</b> | MAT 57 - RESHMA   |
| <b>05:45 PM</b> | BARRE 57 - RICHARD  |
| <b>06:00 PM</b> | STRENGTH LAB (FULL BODY) - ANISHA   |
| <b>07:15 PM</b> | powerCycle - RICHARD  |
| <b>07:15 PM</b> | FIT - ANISHA  |

# WEDNESDAY

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

# THURSDAY

- |                 |   |
|-----------------|---|
| <b>07:30 AM</b> | MAT 57 EXPRESS - CAUVERI                    |
| <b>08:00 AM</b> | powerCycle - VIVARAN                        |
| <b>09:00 AM</b> | BARRE 57 - CAUVERI                          |
| <b>09:15 AM</b> | STRENGTH LAB (PUSH) - VIVARAN               |
| <b>09:30 AM</b> | powerCycle - RAUNAK <span>⚡ LOVE POP</span> |
| <b>10:15 AM</b> | BACK BODY BLAZE - CAUVERI                   |
| <b>11:00 AM</b> | FIT - VIVARAN                               |
| <b>06:00 PM</b> | powerCycle - ROHAN                          |
| <b>06:00 PM</b> | FIT - ANISHA                                |
| <b>07:15 PM</b> | STRENGTH LAB (PULL) - ANISHA                |
| <b>07:15 PM</b> | BARRE 57 - ROHAN                            |



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# FRIDAY

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

# SATURDAY

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

# SUNDAY

- 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