





*December 1st - December 7th*

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

## FRIDAY

**7:30 AM** BACK BODY BLAZE - ATULAN

8:00 AM powerCycle - RAUNAK ⚡ ROCK VS TECHNO

**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 - KARAN

**7:15 PM** CARDIO BARRE - KARAN

**7:30 PM** powerCycle Express - CAUVERI

**SUNDAY**

**10:00 AM** powerCycle - BRET

**10:15 AM** BARRE 57 - KARAN

**11:30 AM** powerCycle Express - BRET

**11:30 AM** CARDIO BARRE - KARAN

**5:00 PM** BARRE 57 - SIMONELLE

6:30 PM powerCycle - SIMONELLE ⚡ RETRO -FUTURE NOSTALGIA

## SATURDAY

**9:00 AM** BARRE 57 - ATULAN

**9:30 AM** powerCycle - ANMOL

**10:15 AM** FIT - ATULAN

**10:15 AM** CARDIO BARRE - KARAN

11:00 AM powerCycle - ANMOL ⚡ DISNEY POP

**11:30 AM** BARRE 57 - ATULAN

**5:00 PM** powerCycle - BRET

**6:15 PM**     CARDIO BARRE - SIMONELLE