

STUDIO SCHEDULE

December 1st - December 7th

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

WEDNESDAY

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

THURSDAY

7:15 AM	STRENGTH LAB (PUSH) - RICHARD
7:30 AM	MAT 57 EXPRESS - PRANJALI
8:00 AM	powerCycle - BRET
9:00 AM	BARRE 57 - RICHARD
9:00 AM	STRENGTH LAB (PULL) - PRANJALI
9:30 AM	powerCycle - BRET
10:15 AM	CARDIO BARRE - RICHARD
11:00 AM	FIT - PRANJALI
5:45 PM	powerCycle - RAUNAK
6:15 PM	BACK BODY BLAZE EXPRESS - ATULAN
7:15 PM	powerCycle - RAUNAK
7:15 PM	STRENGTH LAB (PUSH) - ATULAN
7:15 PM	BARRE 57 - SIMRAN



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FRIDAY

7:30 AM	BACK BODY BLAZE EXPRESS - RICHARD
8:30 AM	powerCycle - BRET
8:30 AM	BARRE 57 - SIMRAN
9:00 AM	FIT - RICHARD
10:00 AM	powerCycle - BRET
11:00 AM	STRENGTH LAB (FULL BODY) - RICHARD
11:15 AM	CARDIO BARRE - SIMRAN
5:45 PM	BARRE 57 - SIMONELLE
6:00 PM	STRENGTH LAB (FULL BODY) - ANISHA
7:00 PM	CARDIO BARRE PLUS - ANISHA
7:15 PM	powerCycle Express - ANMOL

SATURDAY

8:00 AM	CARDIO BARRE EXPRESS - CAUVERI
9:00 AM	STRENGTH LAB (PUSH) - ANISHA
9:00 AM	BARRE 57 - RICHARD
10:00 AM	powerCycle - CAUVERI
10:15 AM	MAT 57 - PRANJALI
10:15 AM	BARRE 57 - ANISHA
11:30 AM	powerCycle - CAUVERI
11:30 AM	STRENGTH LAB (PUSH) - ANISHA
11:30 AM	BARRE 57 - PRANJALI SOLD OUT
12:30 PM	RECOVERY - Pranjali
4:30 PM	CARDIO BARRE EXPRESS - SIMRAN
5:00 PM	STRENGTH LAB (FULL BODY) - RICHARD
5:30 PM	BARRE 57 - SIMRAN
6:30 PM	powerCycle - RICHARD

SUNDAY

10:00 AM	STRENGTH LAB (FULL BODY) - RICHARD
10:00 AM	powerCycle - RAUNAK
10:15 AM	CARDIO BARRE - CAUVERI
11:30 AM	powerCycle - CAUVERI
11:30 AM	BARRE 57 - RICHARD
4:00 PM	BARRE 57 - SIMRAN
5:00PM	Powercycle - Anmol
5:15 PM	MAT 57 - SIMRAN