

# **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  TABATA
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 TABATA
- 8:30 AM Amped Up - Atulan ICY ISOMETRIC
- 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 TABATA

# **WEDNESDAY**

<b>7:30 AM</b>	Barre 57 - Simonelle
<b>7:30 AM</b>	Barre 57 - Simonelle
<b>8:00 AM</b>	PowerCycle - Rohan
<b>8:45 AM</b>	Strength Lab (Pull) - Atulan
<b>9:00 AM</b>	BACK BODY BLAZE - Anisha
<b>9:15 AM</b>	Strength Lab (Push) - Rohan
<b>10:15 AM</b>	CARDIO BARRE - Atulan
<b>11:00 AM</b>	powerCycle - Anmol
<b>11:30 AM</b>	Cardio Barre Plus - Rohan
<b>5:45 PM</b>	Mat 57 Express - Pranjali
<b>6:00 PM</b>	PowerCycle - Anmol
<b>6:15 PM</b>	Cardio Barre Express - Pranjali
<b>7:00 PM</b>	Barre 57 - Simran
<b>7:15 PM</b>	Strength Lab (Pull) - Atulan
<b>7:30 PM</b>	PowerCycle - Anmol

# THURSDAY

<b>7:15 AM</b>	STRENGTH LAB (PUSH) - Richard
<b>7:30 AM</b>	PowerCycle - Richard
<b>8:00 AM</b>	powerCycle - Vivaran
<b>9:00 AM</b>	Barre 57 - Richard
<b>9:00 AM</b>	Barre 57 - Richard
<b>9:30 AM</b>	PowerCycle - Vivaran
<b>10:15 AM</b>	Cardio Barre Express - Pranjali
<b>11:00 AM</b>	Mat 57 - Atulan
<b>5:45 PM</b>	Barre 57 - Rohan
<b>6:15 PM</b>	BACK BODY BLAZE (EXPRESS) - Reshma
<b>7:15 PM</b>	PowerCycle - Rohan
<b>7:15 PM</b>	PowerCycle - Rohan
<b>7:15 PM</b>	PowerCycle - Rohan



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## ADVANCED : HIIT, AMPED UP!

# FRIDAY

- |                 |                                  |
|-----------------|----------------------------------|
| <b>7:30 AM</b>  | Barre 57 - Simonelle             |
| <b>8:30 AM</b>  | Mat 57 - Anisha                  |
| <b>8:30 AM</b>  | Mat 57 - Anisha                  |
| <b>9:00 AM</b>  | FIT - Rohan                      |
| <b>10:00 AM</b> | Barre 57 - Simonelle             |
| <b>11:00 AM</b> | STRENGTH LAB (FULL BODY) - Rohan |
| <b>11:15 AM</b> | Cardio Barre - Richard           |
| <b>5:45 PM</b>  | Mat 57 Express - Pranjali        |
| <b>6:00 PM</b>  | PowerCycle - Anmol               |
| <b>7:00 PM</b>  | CARDIO BARRE PLUS - Pranjali     |
| <b>7:15 PM</b>  | Strength Lab (Pull) - Atulan     |

# SATURDAY

- 8:00 AM** CARDIO BARRE EXPRESS - Karanvir

**9:00 AM** Barre 57 - Richard

**9:00 AM** Barre 57 - Richard

**10:00 AM** powerCycle - Karanvir

**10:15 AM** Cardio Barre Express - Pranjali

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

**11:30 AM** powerCycle - Karanvir

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

**11:30 AM** STRENGTH LAB (PUSH) - Reshma

**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** Barre 57 - Simonelle
  - 10:00 AM** Barre 57 - Simonelle
  - 10:15 AM** CARDIO BARRE - Cauveri
  - 11:30 AM** Cardio Barre Plus - Rohan
  - 11:30 AM** Cardio Barre Plus - Rohan
  - 4:00 PM** Barre 57 - Simran
  - 5:00PM** Powercycle - Anmol
  - 5:15 PM** Mat 57 - Simran



# BANDRA

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## ADVANCED : HIIT, AMPED UP!

# MONDAY

<b>7:30 AM</b>	Mat 57 - Vivaran
<b>8:45 AM</b>	PowerCycle - Cauveri
<b>9:00 AM</b>	Cardio Barre - Vivaran
<b>9:45 AM</b>	Barre 57 - Simran
<b>10:00 AM</b>	PowerCycle - Cauveri
<b>11:30 AM</b>	Barre 57 - Simran
<b>6:00 PM</b>	PowerCycle - Bret
<b>6:15 PM</b>	Barre 57 - Mrigakshi
<b>7:30 PM</b>	PowerCycle - Bret
<b>7:30 PM</b>	PowerCycle - Bret

# TUESDAY

<b>7:15 AM</b>	Barre 57 - Karan
<b>8:00 AM</b>	PowerCycle - Vivaran
<b>8:30 AM</b>	Cardio Barre Express - Karan
<b>9:30 AM</b>	Fit - Mrigakshi
<b>9:45 AM</b>	PowerCycle - Vivaran
<b>11:00 AM</b>	Back Body Blaze - Mrigakshi
<b>5:45 PM</b>	Mat 57 - Simonelle
<b>6:00 PM</b>	PowerCycle - Raunak
<b>7:00 PM</b>	Barre 57 - Simonelle
<b>7:15 PM</b>	PowerCycle Express - Raunak

# **WEDNESDAY**

<b>7:30 AM</b>	Cardio Barre - Vivaran
<b>8:45 AM</b>	Back Body Blaze - Vivaran
<b>9:00 AM</b>	Barre 57 - Karan
<b>10:15 AM</b>	Cardio Barre - Karan
<b>10:30 AM</b>	PowerCycle - Raunak
<b>11:00 AM</b>	FIT - Vivaran
<b>6:00 PM</b>	Cardio Barre Express - Simonelle
<b>6:00 PM</b>	PowerCycle - Mrigakshi
<b>7:15 PM</b>	Strength Lab (Pull) - Atulan
<b>7:15 PM</b>	Back Body Blaze Express - Mrigakshi

# THURSDAY

<b>7:15 AM</b>	FIT - Rohan
<b>8:00 AM</b>	PowerCycle - Reshma
<b>9:00 AM</b>	Barre 57 - Richard
<b>9:30 AM</b>	Mat 57 - Reshma
<b>10:30 AM</b>	PowerCycle - Richard
<b>11:00 AM</b>	Cardio Barre - Reshma
<b>6:00 PM</b>	PowerCycle - Anmol
<b>6:15 PM</b>	Barre 57 - Cauveri
<b>7:15 PM</b>	PowerCycle - Anmol
<b>7:30 PM</b>	FIT - Rohan



# BANDRA

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# FRIDAY

- |                 |                              |
|-----------------|------------------------------|
| <b>7:30 AM</b>  | Back Body Blaze - Atulan     |
| <b>8:00 AM</b>  | PowerCycle - Rohan           |
| <b>9:00 AM</b>  | FIT - Atulan                 |
| <b>9:30 AM</b>  | Barre 57 - Pranjali          |
| <b>10:15 AM</b> | Cardio Barre - Atulan        |
| <b>11:00 AM</b> | Mat 57 - Pranjali            |
| <b>6:00 PM</b>  | PowerCycle - Cauveri         |
| <b>6:00 PM</b>  | Barre 57 - Simonelle         |
| <b>7:15 PM</b>  | Cardio Barre - Simonelle     |
| <b>7:30 PM</b>  | PowerCycle Express - Cauveri |

# SATURDAY

- 9:00 AM** Barre 57 - Atulan
  - 9:30 AM** PowerCycle - Rohan
  - 10:15 AM** Cardio Barre Express - Pranjali
  - 10:15 AM** Cardio Barre - Karan
  - 11:00 AM** PowerCycle - Rohan
  - 11:30 AM** Barre 57 - Atulan
  - 5:00 PM** PowerCycle - Bret
  - 6:15 PM** Cardio Barre - Simonelle

SUNDAY

- 10:00 AM** PowerCycle - Bret
  - 10:15 AM** Barre 57 - Karan
  - 11:30 AM** Cardio Barre - Karan
  - 11:30 AM** PowerCycle Express - Bret
  - 5:00 PM** Barre 57 - Richard
  - 6:30 PM** PowerCycle - Richard