

# **STUDIO SCHEDULE**

*January 31st - February 6th*

## BEGINNER : FOUNDATIONS, BARRE 57, SWEAT IN 30

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

## ADVANCED : HIIT, AMPED UP!

# MONDAY

|                 |                                 |
|-----------------|---------------------------------|
| <b>07:15 AM</b> | STRENGTH LAB (PUSH) - RESHMA    |
| <b>07:30 AM</b> | BARRE 57 - SIMONELLE            |
| <b>08:00 AM</b> | powerCycle Express - MRIGAKSHI  |
| <b>08:30 AM</b> | MAT 57 - RESHMA                 |
| <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>11:15 AM</b> | BARRE 57 - RESHMA               |
| <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 - PRANJALI   |
| <b>07:30 AM</b> | powerCycle - BRET  |
| <b>08:30 AM</b> | AMPED UP! - RESHMA   |
|                 |  PROGRESSION OVERLOAD |
| <b>09:00 AM</b> | BARRE 57 - KARAN   |
| <b>09:00 AM</b> | STRENGTH LAB (FULL BODY) - PRANJALI  |
| <b>10:00 AM</b> | powerCycle - BRET  |
| <b>11:00 AM</b> | MAT 57 - RESHMA  |
| <b>05:45 PM</b> | BARRE 57 - ROHAN   |
| <b>06:00 PM</b> | STRENGTH LAB (FULL BODY) - ANISHA  |
| <b>07:15 PM</b> | powerCycle - ROHAN   |
| <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 - MRIGAKSHI            |
| <b>09:00 AM</b> | BARRE 57 - CAUVERI                |
| <b>09:15 AM</b> | STRENGTH LAB (PUSH) - MRIGAKSHI   |
| <b>09:30 AM</b> | powerCycle - RAUNAK               |
| <b>10:15 AM</b> | BACK BODY BLAZE - CAUVERI         |
| <b>11:00 AM</b> | FIT - MRIGAKSHI                   |
| <b>06:00 PM</b> | powerCycle - ROHAN                |
| <b>06:15 PM</b> | BACK BODY BLAZE EXPRESS - VIVARAN |
| <b>07:15 PM</b> | STRENGTH LAB (PUSH) - VIVARAN     |
| <b>07:15 PM</b> | BARRE 57 - ROHAN                  |



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# FRIDAY

- |                 |                                   |
|-----------------|-----------------------------------|
| <b>07:30 AM</b> | BACK BODY BLAZE EXPRESS - ROHAN   |
| <b>08:30 AM</b> | powerCycle - BRET                 |
| <b>08:30 AM</b> | BARRE 57 - RICHARD                |
| <b>09:00 AM</b> | FIT - ROHAN                       |
| <b>11:00 AM</b> | STRENGTH LAB (FULL BODY) - ROHAN  |
| <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

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

# SUNDAY

- |                 |                                    |
|-----------------|------------------------------------|
| <b>10:00 AM</b> | STRENGTH LAB (FULL BODY) - RICHARD |
| <b>10:00 AM</b> | powerCycle - RAUNAK                |
| <b>10:15 AM</b> | CARDIO BARRE - ROHAN               |
| <b>11:30 AM</b> | powerCycle - RAUNAK                |
| <b>11:30 AM</b> | BARRE 57 - ROHAN                   |
| <b>04:00 PM</b> | BARRE 57 - SIMRAN                  |
| <b>05:00 PM</b> | powerCycle - ANMOL                 |
| <b>05:15 PM</b> | MAT 57 - SIMRAN                    |