



# BANDRA

# **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

# **MONDAY**

<b>7:30 AM</b>	MAT 57 - SIMRAN
<b>8:45 AM</b>	powerCycle - BRET
<b>9:00 AM</b>	CARDIO BARRE - SIMRAN
<b>9:45 AM</b>	BARRE 57 - KARAN
<b>10:00 AM</b>	powerCycle - BRET
<b>11:30 AM</b>	BARRE 57 - KARAN
<b>6:00 PM</b>	powerCycle - VIVARAN
<b>6:15 PM</b>	BARRE 57 - PRANJALI
<b>7:30 PM</b>	powerCycle - VIVARAN
<b>7:30 PM</b>	FIT - PRANJALI

# TUESDAY

<b>7:15 AM</b>	BARRE 57 - MRIGAKSHI
<b>8:00 AM</b>	powerCycle - VIVARAN
<b>8:30 AM</b>	CARDIO BARRE EXPRESS - SIMRAN
<b>9:30 AM</b>	BARRE 57 - VIVARAN
<b>9:45 AM</b>	powerCycle - VIVARAN
<b>11:00 AM</b>	BACK BODY BLAZE - VIVARAN
<b>5:45 PM</b>	MAT 57 - SIMONELLE
<b>6:00 PM</b>	FIT - RICHARD
<b>7:00 PM</b>	BARRE 57 - SIMONELLE
<b>7:15 PM</b>	powerCycle Express - SIMONELLE...

# **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 - RESHMA
<b>10:15 AM</b>	CARDIO BARRE - KARAN
<b>10:30 AM</b>	powerCycle - RESHMA
<b>11:00 AM</b>	FIT - VIVARAN
<b>6:00 PM</b>	CARDIO BARRE EXPRESS - SIMRAN
<b>6:00 PM</b>	powerCycle - MRIGAKSHI
<b>7:15 PM</b>	BARRE 57 - SIMRAN
<b>7:15 PM</b>	BACK BODY BLAZE EXPRESS - MRIGAKSHI

# THURSDAY

<b>7:15 AM</b>	FIT - RICHARD
<b>8:00 AM</b>	powerCycle - ANISHA <span style="float: right;">⚡ OLD IS G</span>
<b>9:00 AM</b>	BARRE 57 - RICHARD
<b>9:30 AM</b>	MAT 57 - ANISHA
<b>10:30 AM</b>	powerCycle Express - ROHAN
<b>11:00 AM</b>	BARRE 57 - ANISHA
<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 - CAUVERI



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**FRIDAY**

<b>7:30 AM</b>	BACK BODY BLAZE - PRANJALI
<b>8:00 AM</b>	powerCycle - RAUNAK
<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 - SIMRAN
<b>7:15 PM</b>	MAT 57 EXPRESS - SIMRAN
<b>7:30 PM</b>	powerCycle Express - CAUVERI

# SATURDAY

<b>9:00 AM</b>	BARRE 57 - ATULAN
<b>9:30 AM</b>	powerCycle - ROHAN
<b>10:15 AM</b>	FIT - ATULAN
<b>10:15 AM</b>	CARDIO BARRE - KARAN
<b>11:00 AM</b>	powerCycle - ROHAN
<b>11:30 AM</b>	BARRE 57 - ATULAN
<b>5:00 PM</b>	powerCycle - ANMOL
<b>6:15 PM</b>	CARDIO BARRE - SIMONELLE

SUNDAY

- 10:00 AM** powerCycle - CAUVERI
- 10:15 AM** BARRE 57 - KARAN
- 11:30 AM** CARDIO BARRE - KARAN
- 11:30 AM** powerCycle - CAUVERI
- 5:00 PM** MAT 57 - RESHMA
- 6:30 PM** powerCycle - RICHARD