

December 8th - December 14th

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

TUESDAY

7:15 AM	BARRE 57 - KARAN
8:00 AM	powerCycle - VIVARAN
8:30 AM	CARDIO BARRE EXPRESS - KARAN
9:30 AM	FIT - VIVARAN  SUPER SETS
9:45 AM	powerCycle - KARAN
11:00 AM	BACK BODY BLAZE - VIVARAN
5:45 PM	MAT 57 - SIMONELLE
6:00 PM	powerCycle - RAUNAK
7:00 PM	BARRE 57 - SIMONELLE
7:15 PM	powerCycle Express - RAUNAK

THURSDAY

7:15 AM	FIT - ROHAN	★ SUPER SETS
8:00 AM	powerCycle - ANISHA	
9:00 AM	BARRE 57 - ROHAN	
9:30 AM	MAT 57 - ANISHA	
10:30 AM	powerCycle Express - ROHAN	
11:00 AM	CARDIO BARRE - ANISHA	
6:00 PM	powerCycle - ANMOL	★ POLYJAMOUROUS
6:15 PM	BARRE 57 - CAUVERI	
7:15 PM	powerCycle - ANMOL	
7:30 PM	FIT - CAUVERI	★ SUPER SETS



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