





*December 1st - December 7th*

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

## 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

<b>9:00 AM</b>	Barre 57 - Atulan
<b>9:30 AM</b>	PowerCycle - Rohan
<b>10:15 AM</b>	Cardio Barre Express - Pranjali
<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 - Bret
<b>6:15 PM</b>	Cardio Barre - Simonelle

**SUNDAY**

<b>10:00 AM</b>	PowerCycle - Bret
<b>10:15 AM</b>	Barre 57 - Karan
<b>11:30 AM</b>	Cardio Barre - Karan
<b>11:30 AM</b>	PowerCycle Express - Bret
<b>5:00 PM</b>	Barre 57 - Richard
<b>6:30 PM</b>	PowerCycle - Richard