

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

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

THURSDAY

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



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FRIDAY

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