


December 8th - December 14th

BEGINNER : FOUNDATIONS, BARRE 57, SWEAT IN 30

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

ADVANCED : HIIT, AMPED UP!

MONDAY

07:15 AM	STRENGTH LAB (PULL) - ANISHA
07:30 AM	BARRE 57 - SIMONELLE
08:00 AM	powerCycle - RESHMA
08:30 AM	MAT 57 - ANISHA
09:15 AM	STRENGTH LAB (PUSH) - RESHMA
10:00 AM	BARRE 57 - SIMONELLE
11:30 AM	CARDIO BARRE PLUS - RESHMA
05:45 PM	MAT 57 EXPRESS - PRANJALI
06:00 PM	powerCycle - ANMOL
06:00 PM	FIT - ATULAN  SUPER SETS
06:45 PM	BARRE 57 - PRANJALI
07:15 PM	STRENGTH LAB (PULL) - ATULAN
07:30 PM	powerCycle - ANMOL


WEDNESDAY

07:30 AM	CARDIO BARRE - ANISHA
07:30 AM	STRENGTH LAB (PUSH) - PRANJALI
08:00 AM	powerCycle - CAUVERI
08:45 AM	STRENGTH LAB (PULL) - PRANJALI
09:00 AM	BACK BODY BLAZE - ANISHA
09:15 AM	BARRE 57 - CAUVERI
10:00 AM	powerCycle - ANMOL
10:15 AM	CARDIO BARRE - PRANJALI
11:30 AM	BARRE 57 - CAUVERI
05:45 PM	BARRE 57 - KARAN
06:00 PM	STRENGTH LAB (PUSH) - RESHMA
06:15 PM	CARDIO BARRE EXPRESS - ATULAN
07:00 PM	BARRE 57 - KARAN
07:15 PM	MAT 57 - ATULAN
07:30 PM	powerCycle - RESHMA

TUESDAY

07:30 AM	powerCycle - RICHARD	
07:30 AM	FIT - PRANJALI	⚡ SUPER SETS
08:30 AM	AMPED UP! - RESHMA	⚡ ENDURANCE CHALLENGE
09:00 AM	BARRE 57 - RICHARD	
09:00 AM	STRENGTH LAB (FULL BODY) - PRANJALI	
10:15 AM	CARDIO BARRE EXPRESS - PRANJALI	
10:30 AM	powerCycle - RICHARD	
11:00 AM	MAT 57 - RESHMA	
05:45 PM	BARRE 57 - ANISHA	
06:00 PM	STRENGTH LAB (PULL) - ATULAN	
06:00 PM	powerCycle - ANMOL	
07:15 PM	powerCycle - ANISHA	⚡ ONLY LEGENDS
07:15 PM	FIT - ATULAN	⚡ SUPER SETS

THURSDAY

07:15 AM	STRENGTH LAB (PUSH) - RICHARD
07:30 AM	MAT 57 EXPRESS - MRIGAKSHI
08:00 AM	powerCycle - VIVARAN
09:00 AM	STRENGTH LAB (PULL) - MRIGAKSHI
09:00 AM	BARRE 57 - RICHARD
09:30 AM	powerCycle - VIVARAN
10:15 AM	CARDIO BARRE - RICHARD
11:00 AM	FIT - VIVARAN  SUPER SETS
05:45 PM	powerCycle - KARAN
06:15 PM	BACK BODY BLAZE EXPRESS - ATULAN
07:15 PM	STRENGTH LAB (PUSH) - ATULAN
07:15 PM	BARRE 57 - KARAN

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ADVANCED : HIIT, AMPED UP!

INTERMEDIATE · CARDIO BARRE · MAT 57 · INTERMEDIATE · CARDIO BARRE · MAT 57 · INTERMEDIATE · CARDIO BARRE · MAT 57 · INTERMEDIATE · CARDIO BARRE · MAT 57