

STUDIO SCHEDULE

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 |
| 06:45 PM | BARRE 57 - PRANJALI |
| 07:15 PM | STRENGTH LAB (PULL) - ATULAN |
| 07:30 PM | powerCycle - ANMOL |

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**

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 |

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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FRIDAY

- 07:30 AM** BACK BODY BLAZE EXPRESS - MRIGAKSHI
 - 08:30 AM** powerCycle - BRET
 - 08:30 AM** BARRE 57 - RICHARD
 - 09:00 AM** FIT - MRIGAKSHI **SUPER SETS**
 - 10:00 AM** powerCycle - BRET
 - 11:00 AM** STRENGTH LAB (FULL BODY) - MRIGAKSHI
 - 11:15 AM** CARDIO BARRE - RICHARD
 - 05:45 PM** BARRE 57 - VIVARAN
 - 06:00 PM** STRENGTH LAB (FULL BODY) - ROHAN
 - 07:00 PM** CARDIO BARRE PLUS - VIVARAN
 - 07:15 PM** powerCycle Express - ROHAN

SATURDAY

- | | |
|-----------------|------------------------------------|
| 08:00 AM | CARDIO BARRE EXPRESS - CAUVERI |
| 09:00 AM | STRENGTH LAB (PUSH) - RESHMA |
| 10:00 AM | powerCycle - CAUVERI |
| 10:15 AM | MAT 57 - PRANJALI |
| 10:15 AM | BARRE 57 - RESHMA |
| 11:30 AM | powerCycle - CAUVERI |
| 11:30 AM | BARRE 57 - PRANJALI |
| 11:30 AM | SOLD OUT |
| 11:30 AM | STRENGTH LAB (PUSH) - RESHMA |
| 04:30 PM | CARDIO BARRE EXPRESS - SIMRAN |
| 05:00 PM | STRENGTH LAB (FULL BODY) - RICHARD |
| 05:30 PM | BARRE 57 - SIMRAN |
| 06:30 PM | powerCycle - RICHARD |

SUNDAY

- | | | |
|-----------------|----------------------------------|-----------------|
| 08:45 AM | BARRE 57 - ROHAN | SOLD OUT |
| 10:00 AM | STRENGTH LAB (FULL BODY) - ROHAN | |
| 10:00 AM | powerCycle - RAUNAK | |
| 10:15 AM | CARDIO BARRE - CAUVERI | |
| 11:30 AM | powerCycle - CAUVERI | |
| 11:30 AM | BARRE 57 - ROHAN | |
| 04:00 PM | BARRE 57 - SIMRAN | |
| 05:00 PM | powerCycle - ANMOL | |
| 05:15 PM | MAT 57 - SIMRAN | |