

January 31st - February 6th

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 (PUSH) - RESHMA
07:30 AM	BARRE 57 - SIMONELLE
08:00 AM	powerCycle Express - MRIGAKSHI
08:30 AM	MAT 57 - RESHMA
09:00 AM	STRENGTH LAB (PUSH) - MRIGAKSHI
10:00 AM	BARRE 57 - SIMONELLE
11:15 AM	CARDIO BARRE PLUS - MRIGAKSHI
11:15 AM	BARRE 57 - RESHMA SOLD OUT
05:45 PM	MAT 57 EXPRESS - CAUVERI
06:00 PM	FIT - ATULAN
06:45 PM	BARRE 57 - CAUVERI
07:00 PM	powerCycle - RAUNAK
07:15 PM	STRENGTH LAB (PUSH) - ATULAN

WEDNESDAY

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

TUESDAY

07:30 AM	FIT - PRANJALI	
07:30 AM	powerCycle - BRET	
08:30 AM	AMPED UP! - RESHMA	⚡ PROGRESSION OVERLOAD
09:00 AM	BARRE 57 - KARAN	
09:00 AM	STRENGTH LAB (FULL BODY) - PRANJALI	
10:00 AM	powerCycle - BRET	
11:00 AM	MAT 57 - RESHMA	
05:45 PM	BARRE 57 - ROHAN	
06:00 PM	STRENGTH LAB (FULL BODY) - ANISHA	
07:15 PM	powerCycle - ROHAN	⚡ RIHANNA RIDE
07:15 PM	FIT - ANISHA	

THURSDAY

07:30 AM	MAT 57 EXPRESS - CAUVERI	
08:00 AM	powerCycle - MRIGAKSHI	⚡ OLD IS GOLD
09:00 AM	BARRE 57 - CAUVERI	
09:15 AM	STRENGTH LAB (PUSH) - MRIGAKSHI	
09:30 AM	powerCycle - RAUNAK	
10:15 AM	BACK BODY BLAZE - CAUVERI	
11:00 AM	FIT - MRIGAKSHI	
06:00 PM	powerCycle - ROHAN	
06:15 PM	BACK BODY BLAZE EXPRESS - VIVARAN	
07:15 PM	STRENGTH LAB (PUSH) - VIVARAN	
07:15 PM	BARRE 57 - ROHAN	

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ADVANCED : HIIT, AMPED UP!

08:00 AM	CARDIO BARRE EXPRESS - CAUVERI
09:00 AM	FIT - 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	STRENGTH LAB (PULL) - RESHMA
04:30 PM	powerCycle - BRET
05:30 PM	BARRE 57 - SIMONELLE

INTERMEDIATE • CARDIO BARRE • MAT 57 • INTERMEDIATE • CARDIO BARRE • MAT 57 • INTERMEDIATE • CARDIO BARRE • MAT 57 • INTERMEDIATE • CARDIO BARRE