



December 1st - December 7th

ADVANCED : HIIT, AMPED UP!

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

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ADVANCED : HIIT, AMPED UP!

TUESDAY

7:15 AM	Barre 57 - Karan
8:00 AM	PowerCycle - Vivaran
8:30 AM	Cardio Barre Express - Karan
9:30 AM	Fit - Mrigakshi
9:45 AM	PowerCycle - Vivaran
11:00 AM	Back Body Blaze - Mrigakshi
5:45 PM	Mat 57 - Simonelle
6:00 PM	PowerCycle - Raunak
7:00 PM	Barre 57 - Simonelle
7:15 PM	PowerCycle Express - Raunak

THURSDAY

7:15 AM	FIT - Rohan
8:00 AM	PowerCycle - Reshma
9:00 AM	Barre 57 - Richard
9:30 AM	Mat 57 - Reshma
10:30 AM	PowerCycle - Richard
11:00 AM	Cardio Barre - Reshma
6:00 PM	PowerCycle - Anmol
6:15 PM	Barre 57 - Cauveri
7:15 PM	PowerCycle - Anmol
7:30 PM	FIT - Cauveri



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

FRIDAY

7:30 AM	Back Body Blaze - Atulan
8:00 AM	PowerCycle - Rohan
9:00 AM	FIT - Atulan
9:30 AM	Barre 57 - Pranjali
10:15 AM	Cardio Barre - Atulan
11:00 AM	Mat 57 - Pranjali
6:00 PM	PowerCycle - Cauveri
6:00 PM	Barre 57 - Simonelle
7:15 PM	Cardio Barre - Simonelle
7:30 PM	PowerCycle Express - Cauveri

SATURDAY

9:00 AM	Barre 57 - Atulan
9:30 AM	PowerCycle - Rohan
10:15 AM	Cardio Barre Express - Pranjali
10:15 AM	Cardio Barre - Karan
11:00 AM	PowerCycle - Rohan
11:30 AM	Barre 57 - Atulan
5:00 PM	PowerCycle - Bret
6:15 PM	Cardio Barre - Simonelle

SUNDAY

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