



January 31st - February 6th

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

ADVANCED : HIIT, AMPED UP!

SATURDAY

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

~~10:00 AM STRENGTH LAB (FULL BODY) - RICHARD~~

10:15 AM CARDIO BARRE - ROHAN

11:30 AM BARRE 57 - ROHAN

05:00 PM powerCycle - ANMOL

05:15 PM MAT 57 - SIMRAN