



# **STUDIO SCHEDULE**

# *February 7th - February 13th*

BEGINNER : FOUNDATIONS, BARRE 57, POWERCYCLE

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

## ADVANCED : HIIT, AMPED UP!, STRENGTH LAB!

# MONDAY

<b>07:15 AM</b>	STRENGTH LAB (PUSH) - ANISHA
<b>07:30 AM</b>	BARRE 57 - SIMONELLE
<b>08:00 AM</b>	powerCycle - MRIGAKSHI
<b>08:30 AM</b>	MAT 57 - ANISHA
<b>09:00 AM</b>	STRENGTH LAB (PUSH) - MRIGAKSHI
<b>10:00 AM</b>	BARRE 57 - SIMONELLE
<b>11:15 AM</b>	CARDIO BARRE PLUS - MRIGAKSHI
<b>05:45 PM</b>	MAT 57 EXPRESS - CAUVERI
<b>06:00 PM</b>	FIT - ATULAN
<b>06:45 PM</b>	BARRE 57 - CAUVERI
<b>07:00 PM</b>	powerCycle - RAUNAK
<b>07:15 PM</b>	STRENGTH LAB (PUSH) - ATULAN

# TUESDAY

<b>07:30 AM</b>	FIT - ROHAN
<b>07:30 AM</b>	powerCycle - BRET
<b>08:30 AM</b>	AMPED UP! - RESHMA
	 HEART RATE & HEAR
<b>09:00 AM</b>	BARRE 57 - KARAN
<b>09:00 AM</b>	STRENGTH LAB (FULL BODY) - ROHAN
<b>10:00 AM</b>	powerCycle - BRET
<b>11:00 AM</b>	MAT 57 - RESHMA
<b>05:45 PM</b>	BARRE 57 - RICHARD
<b>06:00 PM</b>	STRENGTH LAB (FULL BODY) - ANISHA
<b>07:15 PM</b>	powerCycle - RICHARD
<b>07:15 PM</b>	FIT - ANISHA

# WEDNESDAY

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

# THURSDAY

<b>07:30 AM</b>	MAT 57 EXPRESS - CAUVERI
<b>08:00 AM</b>	powerCycle - VIVARAN
<b>09:00 AM</b>	BARRE 57 - CAUVERI
<b>09:15 AM</b>	STRENGTH LAB (PUSH) - VIVARAN
<b>09:30 AM</b>	powerCycle - RAUNAK
<b>10:15 AM</b>	BACK BODY BLAZE - CAUVERI
<b>11:00 AM</b>	FIT - VIVARAN
<b>06:00 PM</b>	powerCycle - ROHAN
<b>06:00 PM</b>	FIT - ANISHA
<b>07:15 PM</b>	STRENGTH LAB (PULL) - ANISHA
<b>07:15 PM</b>	BARRE 57 - ROHAN



# **STUDIO SCHEDULE**

# *February 7th - February 13th*

## BEGINNER : FOUNDATIONS, BARRE 57, POWERCYCLE

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

**ADVANCED : HIIT, AMPED UP!, STRENGTH LAB!**

# FRIDAY

- |                 |                                      |
|-----------------|--------------------------------------|
| <b>07:30 AM</b> | BACK BODY BLAZE EXPRESS - MRIGAKSHI  |
| <b>08:30 AM</b> | powerCycle - BRET                    |
| <b>08:30 AM</b> | BARRE 57 - RICHARD                   |
| <b>09:00 AM</b> | FIT - MRIGAKSHI                      |
| <b>10:00 AM</b> | powerCycle - BRET                    |
| <b>11:00 AM</b> | STRENGTH LAB (FULL BODY) - MRIGAKSHI |
| <b>11:15 AM</b> | CARDIO BARRE - RICHARD               |
| <b>05:45 PM</b> | BARRE 57 - VIVARAN                   |
| <b>06:00 PM</b> | STRENGTH LAB (FULL BODY) - ANISHA    |
| <b>07:00 PM</b> | CARDIO BARRE PLUS - VIVARAN          |
| <b>07:15 PM</b> | powerCycle Express - ANISHA          |

# SATURDAY

- |                 |                                |
|-----------------|--------------------------------|
| <b>08:00 AM</b> | CARDIO BARRE EXPRESS - CAUVERI |
| <b>09:00 AM</b> | FIT - RESHMA                   |
| <b>10:00 AM</b> | powerCycle - CAUVERI           |
| <b>10:15 AM</b> | MAT 57 - PRANJALI              |
| <b>10:15 AM</b> | BARRE 57 - RESHMA              |
| <b>11:30 AM</b> | powerCycle - CAUVERI           |
| <b>11:30 AM</b> | BARRE 57 - PRANJALI            |
| <b>11:30 AM</b> | STRENGTH LAB (PULL) - RESHMA   |
| <b>04:30 PM</b> | powerCycle - BRET              |
| <b>05:30 PM</b> | BARRE 57 - SIMONELLE           |



# SUNDAY

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

**10:00 AM** powerCycle - RAUNAK

**10:15 AM** CARDIO BARRE - ROHAN

**11:30 AM** powerCycle - RAUNAK

**11:30 AM** BARRE 57 - ROHAN

**04:00 PM** BARRE 57 - SIMRAN

**05:00 PM** powerCycle - ANMOL

**05:15 PM** ~~MAT 57 - SIMRAN~~