



# BANDRA

# **STUDIO SCHEDULE**

# *December 1st - December 7th*

## BEGINNER : FOUNDATIONS, BARRE 57, SWEAT IN 30

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

# MONDAY

<b>7:30 AM</b>	Mat 57 - Vivaran
<b>8:45 AM</b>	PowerCycle - Cauveri
<b>9:00 AM</b>	Cardio Barre - Vivaran
<b>9:45 AM</b>	Barre 57 - Simran
<b>10:00 AM</b>	PowerCycle - Cauveri
<b>11:30 AM</b>	Barre 57 - Simran
<b>6:00 PM</b>	PowerCycle - Bret
<b>6:15 PM</b>	Barre 57 - Mrigakshi
<b>7:30 PM</b>	PowerCycle - Bret
<b>7:30 PM</b>	FIT - Mrigakshi

# TUESDAY

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

# **WEDNESDAY**

<b>7:30 AM</b>	Cardio Barre - Vivaran
<b>8:45 AM</b>	Back Body Blaze - Vivaran
<b>9:00 AM</b>	Barre 57 - Karan
<b>10:15 AM</b>	Cardio Barre - Karan
<b>10:30 AM</b>	PowerCycle - Raunak
<b>11:00 AM</b>	FIT - Vivaran
<b>6:00 PM</b>	Cardio Barre Express - Simonelle
<b>6:00 PM</b>	PowerCycle - Mrigakshi
<b>7:15 PM</b>	Strength Lab (Pull) - Atulan
<b>7:15 PM</b>	Back Body Blaze Express - Mrigakshi

# THURSDAY

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



# BANDRA

# **STUDIO SCHEDULE**

# *December 1st - December 7th*

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

**FRIDAY**

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

- |                 |                           |
|-----------------|---------------------------|
| <b>10:00 AM</b> | PowerCycle - Bret         |
| <b>10:15 AM</b> | Barre 57 - Karan          |
| <b>11:30 AM</b> | Cardio Barre - Karan      |
| <b>11:30 AM</b> | PowerCycle Express - Bret |
| <b>5:00 PM</b>  | Barre 57 - Richard        |
| <b>6:30 PM</b>  | PowerCycle - Richard      |