

STUDIO SCHEDULE

December 6th - December 13th

BEGINNER : FOUNDATIONS, BARRE 57, SWEAT IN 30

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

ADVANCED : HIIT, AMPED UP!

MONDAY

7:15 AM	STRENGTH LAB (PULL) - ANISHA
7:30 AM	BARRE 57 - SIMONELLE
8:00 AM	powerCycle - RESHMA
8:30 AM	MAT 57 - ANISHA
9:15 AM	STRENGTH LAB (PUSH) - RESHMA
10:00 AM	BARRE 57 - SIMONELLE
11:30 AM	CARDIO BARRE PLUS - RESHMA
5:45 PM	MAT 57 EXPRESS - PRANJALI
6:00 PM	powerCycle - ANMOL
6:00 PM	FIT - ATULAN
6:45 PM	BARRE 57 - PRANJALI
7:15 PM	STRENGTH LAB (PULL) - ATULAN
7:30 PM	powerCycle - ANMOL

TUESDAY

5:30 AM	powerCycle - RICHARD
7:30 AM	FIT - PRANJALI ⚡ SUPER SETS
8:30 AM	AMPED UP! - RESHMA ⚡ ENDURANCE CHALLENGE
9:00 AM	BARRE 57 - RICHARD
9:00 AM	STRENGTH LAB (FULL BODY) - PRANJALI
10:15 AM	CARDIO BARRE EXPRESS - PRANJALI
10:30 AM	powerCycle - RICHARD
11:00 AM	MAT 57 - RESHMA
5:45 PM	BARRE 57 - ANISHA
6:00 PM	STRENGTH LAB (PULL) - ATULAN
6:00 PM	powerCycle - ANMOL
7:15 PM	powerCycle - ANISHA ⚡ ONLY LEGENDS
7:15 PM	FIT - ATULAN ⚡ SUPER SETS

WEDNESDAY

7:30 AM	CARDIO BARRE - ANISHA
7:30 AM	STRENGTH LAB (PUSH) - PRANJALI
8:00 AM	powerCycle - CAUVERI
8:45 AM	STRENGTH LAB (PULL) - PRANJALI
9:00 AM	BACK BODY BLAZE - ANISHA
9:15 AM	BARRE 57 - CAUVERI
10:15 AM	CARDIO BARRE - PRANJALI
11:00 AM	powerCycle - Anmol
11:30 AM	BARRE 57 - CAUVERI
5:45 PM	BARRE 57 - KARAN
6:00 PM	STRENGTH LAB (PUSH) - RESHMA
6:15 PM	CARDIO BARRE EXPRESS - ATULAN
7:00 PM	BARRE 57 - KARAN
7:15 PM	MAT 57 - ATULAN
7:30 PM	powerCycle - RESHMA

THURSDAY

7:15 AM	STRENGTH LAB (PUSH) - RICHARD
7:30 AM	MAT 57 EXPRESS - MRIGAKSHI
8:00 AM	powerCycle - VIVARAN
9:00 AM	BARRE 57 - RICHARD
9:00 AM	STRENGTH LAB (PULL) - MRIGAKSHI
9:30 AM	powerCycle - VIVARAN
10:15 AM	CARDIO BARRE - RICHARD
11:00 AM	FIT - VIVARAN
5:45 PM	powerCycle - KARAN
6:15 PM	BACK BODY BLAZE EXPRESS - ATULAN
7:15 PM	STRENGTH LAB (PUSH) - ATULAN
7:15 PM	BARRE 57 - KARAN
7:15 PM	BARRE 57 - SIMPAN



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FRIDAY

7:30 AM	BACK BODY BLAZE EXPRESS - MRIGAKSHI
8:30 AM	powerCycle - BRET
8:30 AM	BARRE 57 - RICHARD
9:00 AM	FIT - MRIGAKSHI
10:00 AM	powerCycle - BRET
11:00 AM	STRENGTH LAB (FULL BODY) - MRIGAKSHI
11:15 AM	CARDIO BARRE - RICHARD
5:45 PM	BARRE 57 - VIVARAN
6:00 PM	STRENGTH LAB (FULL BODY) - ROHAN
7:00 PM	CARDIO BARRE PLUS - VIVARAN
7:15 PM	powerCycle Express - ROHAN

SATURDAY

8:00 AM	CARDIO BARRE EXPRESS - CAUVERI
9:00 AM	STRENGTH LAB (PUSH) - RESHMA
9:00 AM	BARRE 57 - RICHARD
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	STRENGTH LAB (PUSH) - RESHMA
11:30 AM	BARRE 57 - PRANJALI SOLD OUT
12:30 PM	RECOVERY - Pranjali
4:30 PM	CARDIO BARRE EXPRESS - SIMRAN
5:00 PM	STRENGTH LAB (FULL BODY) - RICHARD
5:30 PM	BARRE 57 - SIMRAN
6:30 PM	powerCycle - RICHARD

SUNDAY

10:00 AM	STRENGTH LAB (FULL BODY) - RICHARD
10:00 AM	powerCycle - RAUNAK
10:15 AM	CARDIO BARRE - KARAN
11:30 AM	powerCycle - KARAN
11:30 AM	BARRE 57 - RICHARD
4:00 PM	BARRE 57 - SIMRAN
5:00PM	Powercycle - Anmol
5:15 PM	MAT 57 - SIMRAN