



BANDRA

STUDIO SCHEDULE

December 8th - December 14th

BEGINNER : FOUNDATIONS, BARRE 57, SWEAT IN 30

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

MONDAY

7:30 AM	MAT 57 - VIVARAN
8:45 AM	powerCycle - CAUVERI
9:00 AM	CARDIO BARRE - VIVARAN
9:45 AM	BARRE 57 - SIMRAN
10:00 AM	powerCycle - CAUVERI
11:30 AM	BARRE 57 - SIMRAN
6:00 PM	powerCycle - BRET
6:15 PM	BARRE 57 - RICHARD
7:30 PM	powerCycle - BRET
7:30 PM	FIT - RICHARD

TUESDAY

7:15 AM	BARRE 57 - KARAN
8:00 AM	powerCycle - VIVARAN
8:30 AM	CARDIO BARRE EXPRESS - KARAN
9:30 AM	FIT - VIVARAN
9:45 AM	powerCycle - KARAN
11:00 AM	BACK BODY BLAZE - VIVARAN
5:45 PM	MAT 57 - SIMONELLE
6:00 PM	powerCycle - RAUNAK
7:00 PM	BARRE 57 - SIMONELLE
7:15 PM	powerCycle Express - RAUNAK

WEDNESDAY

7:30 AM	CARDIO BARRE - VIVARAN
8:45 AM	BACK BODY BLAZE - VIVARAN
9:00 AM	BARRE 57 - SIMRAN
10:15 AM	CARDIO BARRE - SIMRAN
10:30 AM	powerCycle - RAUNAK ⚡ ONLY LEGENDS
11:00 AM	FIT - VIVARAN ⚡ SUPER SETS
6:00 PM	CARDIO BARRE EXPRESS - SIMONELLE
6:00 PM	powerCycle - MRIGAKSHI
7:15 PM	BARRE 57 - SIMONELLE
7:15 PM	BACK BODY BLAZE EXPRESS - MRIGAKSHI

THURSDAY

7:15 AM	FIT - ROHAN	⚡ SUPER SETS
8:00 AM	powerCycle - ANISHA	
9:00 AM	BARRE 57 - ROHAN	
9:30 AM	MAT 57 - ANISHA	
10:30 AM	powerCycle Express - ROHAN	
11:00 AM	CARDIO BARRE - ANISHA	
6:00 PM	powerCycle - ANMOL	⚡ POLYJAMOUROUS
6:15 PM	BARRE 57 - CAUVERI	
7:15 PM	powerCycle - ANMOL	
7:30 PM	FIT - CAUVERI	⚡



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FRIDAY

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|-----------------|----------------------------------|
| 7:30 AM | BACK BODY BLAZE - ATULAN |
| 8:00 AM | powerCycle - RAUNAK |
| 9:00 AM | FIT - ATULAN ➔ SUPER SETS |
| 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 | FIT - ATULAN |
| | SUPER SETS |
| 10:15 AM | CARDIO BARRE - KARAN |
| 11:00 AM | powerCycle - ROHAN |
| | BOY BANDS |
| 11:30 AM | BARRE 57 - ATULAN |
| 5:00 PM | powerCycle - BRET |
| 6:15 PM | CARDIO BARRE - SIMONELLE |

SUNDAY

- 10:00 AM** powerCycle - RESHMA
 - 10:15 AM** BARRE 57 - KARAN
 - 11:30 AM** powerCycle Express - RESHMA
 - 11:30 AM** CARDIO BARRE - KARAN
 - 5:00 PM** BARRE 57 - RICHARD
 - 6:30 PM** powerCycle - RICHARD