

STUDIO SCHEDULE

January 31st - February 6th

BEGINNER : FOUNDATIONS, BARRE 57, SWEAT IN 30

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

ADVANCED : HIIT, AMPED UP!

MONDAY

- | | |
|-----------------|--|
| 07:15 AM | STRENGTH LAB (PUSH) - RESHMA |
| 07:30 AM | BARRE 57 - SIMONELLE |
| 08:00 AM | powerCycle Express - MRIGAKSHI |
| 08:30 AM | MAT 57 - RESHMA |
| 09:00 AM | STRENGTH LAB (PUSH) - MRIGAKSHI |
| 10:00 AM | BARRE 57 - SIMONELLE |
| 11:15 AM | CARDIO BARRE PLUS - MRIGAKSHI |
| 11:15 AM | BARRE 57 - RESHMA |
| 05:45 PM | SOLD OUT |
| 06:00 PM | MAT 57 EXPRESS - CAUVERI |
| 06:45 PM | FIT - ATULAN |
| 06:45 PM | BARRE 57 - CAUVERI |
| 07:00 PM | powerCycle - RAUNAK |
| 07:15 PM | STRENGTH LAB (PUSH) - ATULAN |

TUESDAY

- | | |
|-----------------|--|
| 07:30 AM | FIT - PRANJALI |
| 07:30 AM | powerCycle - BRET |
| 08:30 AM | AMPED UP! - RESHMA |
| |  PROGRESSION OVERLOAD |
| 09:00 AM | BARRE 57 - KARAN |
| 09:00 AM | STRENGTH LAB (FULL BODY) - PRANJALI |
| 10:00 AM | powerCycle - BRET |
| 11:00 AM | MAT 57 - RESHMA |
| 05:45 PM | BARRE 57 - ROHAN |
| 06:00 PM | STRENGTH LAB (FULL BODY) - ANISHA |
| 07:15 PM | powerCycle - ROHAN |
| |  RIHANNA RIDE |
| 07:15 PM | FIT - ANISHA |

WEDNESDAY

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

THURSDAY

- 07:30 AM** MAT 57 EXPRESS - CAUVERI

08:00 AM powerCycle - MRIGAKSHI  OLD IS GOLD

09:00 AM BARRE 57 - CAUVERI

09:15 AM STRENGTH LAB (PUSH) - MRIGAKSHI

09:30 AM powerCycle - RAUNAK

10:15 AM BACK BODY BLAZE - CAUVERI

11:00 AM FIT - MRIGAKSHI

06:00 PM powerCycle - ROHAN

06:15 PM BACK BODY BLAZE EXPRESS - VIVARAN

07:15 PM STRENGTH LAB (PUSH) - VIVARAN

07:15 PM BARRE 57 - ROHAN



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FRIDAY

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

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 |

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 |