



HFEN OFWS (Online Free Workout Sessions) (Monday, 12th Sep, 2022 - Sunday, 18th Sep, 2022)



Day/Date	Session No	INDIA Time	UK Time	USA Eastern Time	Duration	Workout Details	Conducted By	Important Points to Note
MONDAY 12th Sep	M1	<u>07:00 Hrs</u>	02:30 Hrs	21:30 Hrs Sunday Evening	30 Minutes	POWER-PACK TABATA High Intensity Interval Training	SUBHA Subha Ilanchezhian Bengaluru, India	Anyone can join
MONDAY 12th Sep	M2	11:30 Hrs	<u>07:00 Hrs</u>	02:00 Hrs Sunday Mid Night	1 Hour	INNER AWAKENING YOGA Yoga for everyone	Dr.Srilakshmi Srilakshmi Jeyaraman Attur, Tamil Nadu, India	Anyone can join
MONDAY 12th Sep	M3 Hfen 2nd Account	16:30 Hrs	12:00 Hrs	<u>07:00 Hrs</u>	30 Minutes	Flat Abs	Kiruba Kirubakaran, UK	Recommended for Below 27 BMI
MONDAY 12th Sep	M4	<u>18:30 Hrs</u>	14:00 Hrs	09:00 Hrs	1 Hour	Strength 360 Whole Body Workout Session	Ilan Ilanchezhian Vellaichamy Bengaluru, India	Anyone can join
MONDAY 12th Sep	M5	04:00 Hrs Tuesday Early Morning	23:30 Hrs	<u>18:30 Hrs</u>	30 Minutes	POWER-PACK TABATA High Intensity Interval Training	SUBHA Subha Ilanchezhian Bengaluru, India	Anyone can join



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TUESDAY 13th Sep	T1	07:00 Hrs	02:30 Hrs	21:30 Hrs Monday Evening	1 Hour	SCULPT & SHAPE Whole Body Resistance Workout Session (For Everyone less than 60 Age)	Subha Subha Ilanchezhian Bengaluru, India	Anyone can join
TUESDAY 13th Sep	T2	11:30 Hrs	<u>07:00 Hrs</u>	02:00 Hrs Monday Mid Night	1 Hour	SCULPT & SHAPE Whole Body Resistance Workout Session (For Everyone less than 60 Age)	Subha Subha Ilanchezhian Bengaluru, India	Anyone can join
TUESDAY 13th Sep	T3	16:30 Hrs	12:00 Hrs	<u>07:00 Hrs</u>	1 Hour	SCULPT & SHAPE Whole Body Resistance Workout Session (For Everyone less than 60 Age)	Subha Subha Ilanchezhian Bengaluru, India	Anyone can join
TUESDAY 13th Sep	T4	18:30 Hrs	14:00 Hrs	<u>09:00 Hrs</u>	1 Hour	SWEAT ZONE (HIIT) Indoor Workout Session (For Beginners, Intermediate & Advanced)	amba (a) pradeep Ambalavanan Sivagurunathan Nottingham, UK	Anyone can join
TUESDAY 13th Sep	T5	22:30 Hrs	18:00 Hrs	<u>13:00 Hrs</u>	1 Hour	SWEAT ZONE (HIIT) Indoor Workout Session (For Beginners, Intermediate & Advanced)	amba (a) pradeep Ambalavanan Sivagurunathan Nottingham, UK	Anyone can join
TUESDAY 13th Sep	T6	03:30 Hrs Wednesday Early Morning	23.00 hrs	<u>18:00 Hrs</u>	1 Hour	SWEAT ZONE (HIIT) Indoor Workout Session (For Beginners, Intermediate & Advanced)	amba (a) pradeep Ambalavanan Sivagurunathan Nottingham, UK	Anyone can join



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WEDNESDAY 14th Sep	W1	07:00 Hrs	02:30 Hrs	21:30 Hrs Tuesday Evening	30 Minutes	TONE- TIME Whole body strength Workout (For everyone)	Ilan Ilanchezhian Vellaichamy Bengaluru, India	Anyone can join
WEDNESDAY 14th Sep	W2	11:30 Hrs	07:00 Hrs	02:00 Hrs Mid Night	1 Hour	Asana and Beyond	Bhagavathi UK	Anyone can join
WEDNESDAY 14th Sep	W3	13:30 Hrs	09:00 Hrs	04:00 Hrs	1 Hour	BEGIN TO BURN Low Impact Whole body Workout (For Everyone)	Rachitha Rachitha Tivakaran New York, USA	Anyone can join
WEDNESDAY 14th Sep	W4	18:30 Hrs	14:00 Hrs	09:00 Hrs	1 Hour	 REGIMENT-2020 A COMPLETE BODY WORKOL (For everyone less than 60 Age)	amba (a) pradeep Ambalavanan Sivagurunathan Nottingham, UK	Anyone can join
WEDNESDAY 14th Sep	W5	22:30 Hrs	18:00 Hrs	13:00 Hrs	1 Hour	 REGIMENT-2020 A COMPLETE BODY WORKOL (For everyone less than 60 Age)	amba (a) pradeep Ambalavanan Sivagurunathan Nottingham, UK	Anyone can join
WEDNESDAY 14th Sep	W6	03:30 Hrs Saturday Early Morning	23.00 hrs	18:00 Hrs	1 Hour	PULSE PILATES Low Impact - Whole body Workout (For Beginners, Intermediate & Advanced)	Meghal Meghal Shetty Singapore	Anyone can join



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THURSDAY 15th Sep	TH1	07:00 Hrs	02:30 Hrs	21:30 Hrs Wednesday Evening	30 Minutes	#mkf_UBWO <i>Muscle Kills Fat - Upper Body Workout</i>	Nagashree Nagashree Manjunath Bengaluru, India	Anyone can join
THURSDAY 15th Sep	TH2	11:30 Hrs	07:00 Hrs	02:00 Hrs Mid Night	1 Hour	YOGA FIT Yoga for Everyone	Ganesh Mumbai, India	Anyone can join
THURSDAY 15th Sep	TH3	16:30 Hrs	12:00 Hrs	07:00 Hrs	1 Hour	Asana and Beyond	Bhagavathi UK	Anyone can join
THURSDAY 15th Sep	TH4 Hfen 2nd A/C	17:30 Hrs	13:00 Hrs	08:00 Hrs	30 Minutes	ONLY ABS Abs Indoor Workout Session	amba (a) pradeep Ambalavanan Sivagurunathan Nottingham, UK	Recommended for Below 27 BMI
THURSDAY 15th Sep	TH5	18:30 Hrs	14:00 Hrs	09:00 Hrs	1 Hour	<i>Wonder Woman Workout</i>	<i>Subha, Srilakshmi & Nagashree</i>	Anyone can join



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Friday 16th Sep	F1	07:00 Hrs	02:30 Hrs	21:30 Hrs Thursday Evening	45 Minutes	eXCEL PILATES Low Impact Whole body Workout	Geetha Geetha Vinod Bengaluru, India	Anyone can join
Friday 16th Sep	F2	11:30 Hrs	<u>07:00 Hrs</u>	02:00 Hrs Thursday Mid Night	1 Hour	YES TO YOGA YOGA FOR EVERYONE	Neha Neha Agarwal Mumbai, India	Anyone can join
Friday 16th Sep	F3	16:30 Hrs	12:00 Hrs	<u>07:00 Hrs</u>	1 Hour	BEGIN TO BURN Low Impact Whole body Workout (For Everyone)	Rachitha Rachitha Tivakaran New York, USA	Anyone can join
Friday 16th Sep	F4	<u>18:30 Hrs</u>	14:00 Hrs	09:00 Hrs	1 Hour	SWEAT ZONE (HIIT) Indoor Workout Session (For Beginners, Intermediate & Advanced)	amba (a) pradeep Ambalavanan Sivagurunathan Nottingham, UK	Anyone can join
Friday 16th Sep	F5	<u>21:00 Hrs</u>	16:30 Hrs	11:30 Hrs	1 Hour	UNWIND SOUND-BATH With Singing Bowls & Gong Relaxation & Rejuvenation	Sunithi Sunithi S Ramesh Chennai, India	Anyone can join
Friday 16th Sep	F6	<u>22:30 Hrs</u>	18:00 Hrs	13:00 Hrs	1 Hour	SWEAT ZONE (HIIT) Indoor Workout Session (For Beginners, Intermediate & Advanced)	amba (a) pradeep Ambalavanan Sivagurunathan Nottingham, UK	Anyone can join up
Friday 16th Sep	F7	03:30 Hrs Saturday Early Morning	23.00 hrs	<u>18:00 Hrs</u>	1 Hour	SWEAT ZONE (HIIT) Indoor Workout Session (For Beginners, Intermediate & Advanced)	amba (a) pradeep Ambalavanan Sivagurunathan Nottingham, UK	Anyone can join



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SATURDAY 17th Sep	S1	07:00 Hrs	02:30 Hrs	21:30 Hrs Friday Late Evening	1 Hour	YES TO YOGA YOGA FOR EVERYONE	Neha Neha Agarwal Mumbai, India	Anyone can join
SATURDAY 17th Sep	S2	11:30 Hrs	<u>07:00 Hrs</u>	02:00 Hrs Mid Night	1 Hour	PULSE PILATES Low Impact - Whole body Workout (For Beginners, Intermediate & Advanced)	Meghal Meghal Shetty Singapore	Anyone can join
SATURDAY 17th Sep	S3	13:30 Hrs	09:00 Hrs	04:00 Hrs	25 Minutes	FF 25 Fire Fat - HIIT Workout	amba (a) pradeep Ambalavanan Sivagurunathan Nottingham, UK	Anyone can join
SATURDAY 17th Sep	S4	18:30 Hrs	14:00 Hrs	09:00 Hrs	1 Hour	BRO-BRO Whole Body Workout Session	Prasad Prasad Arunachalam Colombo, Sri Lanka & Ilan Ilanchezhian Vellaichamy Bengaluru, India	Anyone can join



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SUNDAY 18th Sep	SU1	08:30 Hrs	04:00 Hrs	23:00 Hrs Saturday Late Evening	1 Hour	INNER AWAKENING YOGA Yoga for everyone	Dr.Srilakshmi Srilakshmi Jeyaraman Attur, Tamil Nadu, India	Anyone can join
SUNDAY 18th Sep	SU2	11:30 Hrs	07:00 Hrs	02:00 Hrs Saturday Mid Night	30 Minutes	POWER-PACK TABATA High Intensity Interval Training	SUBHA Subha Ilanchezhian Bengaluru, India	Anyone can join
SUNDAY 18th Sep	SU3	17.30 Hrs	13:00 Hrs	08:00 Hrs	30 minutes	TONE- TIME Whole body strength Workout (For everyone)	Ilan Ilanchezhian Vellaichamy Bengaluru, India	Anyone can join
SUNDAY 18th Sep	SU4	18:30 Hrs	14:00 Hrs	09:00 Hrs	1 Hour	BOLLY FIT Bollywood Inspired Dance Workout Session (For Everyone)	Lathika Lathika Shetty Nottingham, UK	Anyone can join