



XPRESS ONLINE SESSIONS SCHEDULE

MAT PILATES & BARRE: LIVE SESSIONS

| MON | TUE | WED | THU | FRI | SAT | SUN |
|---------------------|----------------------------------|-----------------------------|-------------------------|----------------------------|--------------------|----------------------------|
| | STRENGTHEN & LENGTHEN 7:30 AM | | PILATES FLOW 7:30 AM | | | |
| MAT FLOW 8:30 AM | | CIRCUIT 8:30 AM | | TOTAL BODY BURN 8:30 AM | | |
| | | | | | CIRCUIT 9:30 AM | TOTAL BODY BURN 9:00 AM |
| CIRCUIT 10:15 AM | MAT PILATES 10:15 AM | TOTAL BODY BURN 10:15 AM | CIRCUIT 10:15 AM | BARRE 10:15 AM | | |
| MAT FLOW 6:00 PM | ABS & ARMS 6:00 PM | MAT FLOW 6:00 PM | | MAT PILATES 6:00 PM | | |

PRIVATE & SEMI PRIVATE SESSIONS AVAILABLE

Call us on +91 92059 33669 to schedule a discovery session