

# ONLINE XPRESS SCHEDULE

## MAT PILATES & BARRE: LIVE SESSIONS

	<b>NEW</b> MAT PILATES 8:30 AM		<b>NEW</b> BARRE 10:15 AM		MAT FLOW 6:00 PM	
MASTERCLASS STRENGTHEN & LENGTHEN 7:30 AM			MAT PILATES 10:15 AM		MASTERCLASS ABS & ARMS 6:00 PM	
	MASTERCLASS CIRCUIT 8:30 AM		MASTERCLASS TOTAL BODY BURN 10:15 AM		<b>NEW</b> MAT SOMATICS FLOW 6:00 PM	
PILATES FLOW 7:30 AM			MASTERCLASS CIRCUIT 10:20 AM			
	MASTERCLASS TOTAL BODY BURN 8:30 AM		BARRÉ 10:15 AM		MAT PILATES 6:00 PM	
		MASTERCLASS CIRCUIT 9:30 AM				

MASTERCLASS TOTAL BODY BURN 9:00 AM

PRIVATE & SEMI PRIVATE SESSIONS AVAILABLE

Call us on +91 92059 33669 to schedule a Discovery Session