



# IN-STUDIO MAT & BARRE SESSIONS

DLF PHASE 1 STUDIO

MON	TUE	WED	THU	FRI	SAT
		7:30 AM MAT			
NEW 8:30 AM BARRE	8:30 AM MAT		8:30 AM MAT	8:30 AM MAT	NEW 8:30 AM MAT
					NEW 9:30 AM BARRE
NEW 6:00 PM MAT	6:00 PM BARRE	NEW 6:00 PM MAT	6:00 PM BARRE		

NIRVANA STUDIO

MON	TUE	WED	THU	FRI	SAT
	7:30 AM MAT			7:30 AM CORE CONDITIONING	
8:30 AM MAT	8:30 AM MAT	9:00 AM MAT	8:30 AM MAT		8:30 AM MAT
10:30 AM MAT	10:30 AM BARRE	10:30 AM MAT	NEW 10:30 AM MAT		
NEW 6:30 PM BARRE	6:30 PM MAT	NEW 6:30 PM BARRE	6:30 PM MAT	6:30 PM BARRE	

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