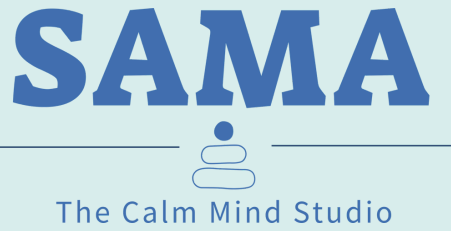


# STUDIO SCHEDULE-NANAKRAMGUDA FD1

MON-FRI



Duration: All classes are 60 mins except for Reformer Pilates & Floating Hammocks (50 mins). Schedule is subject to change due to operational reasons.

MON

TUE

WED

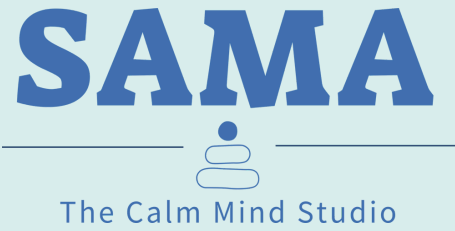
THU

FRI

<div><div>7.00 AM</div><div>Anti Gravity Aerial Fitness- All Levels</div></div>	<div><div>7.00 AM</div><div>Breathe- Classical Yoga+ Breathwork</div></div>	<div><div>7.00 AM</div><div>FireUp ALCB Pilates- Full Body</div></div>	<div><div>7.00 AM</div><div>Classical Yoga+ Meditation</div></div>	<div><div>7.00 AM</div><div>Anti Grravity Aerial Fitness- All Levels</div></div>
<div><div>8.15 AM</div><div>Classical Yoga+ Breathwork</div></div>	<div><div>8.15 AM</div><div>Anti Gravity Aerial Fitness- All Levels</div></div>	<div><div>8.15 AM</div><div>Classical Yoga+ Meditation</div></div>	<div><div>8.15 AM</div><div>Anti Gravity Aerial Fitness- All Levels</div></div>	<div><div>8.15 AM</div><div>FireUp ALCB Pilates- Full Body</div></div>
<div><div>10.00 AM</div><div>Anti Gravity Aerial Fitness- All Levels</div></div>	<div><div>10.00 AM</div><div>Classical Yoga+ Breathwork</div></div>	<div><div>10.00 AM</div><div>FireUp ALCB Pilates- Full Body</div></div>	<div><div>10.00 AM</div><div>Classical Yoga+ Meditation</div></div>	<div><div>10.00 AM</div><div>Anti Gravity Aerial Fitness-All Levels</div></div>
<div><div>5.30 PM</div><div>FireUp ALCB Pilates- Full Body</div></div>	<div><div>5.30 PM</div><div>Anti Gravity Aerial Fitness- All Levels</div></div>	<div><div>5.30 PM</div><div>Classical Yoga+ Breathwork</div></div>	<div><div>5.30 PM</div><div>Anti Gravity Aerial Fitness- All Levels</div></div>	<div><div>5.30 PM</div><div>Restorative Yin Yoga</div></div>
<div><div>7.00 PM</div><div>Breathe- Classical Yoga+ Breathwork</div></div>	<div><div>7.00 PM</div><div>FireUp ALCB Pilates- Full Body</div></div>	<div><div>7.00 PM</div><div>Anti Gravity Aerial Fitness- All Levels</div></div>	<div><div>7.00 PM</div><div>FireUp ALCB Pilates- Full Body</div></div>	<div><div>7.00 PM</div><div>Restorative Yin Yoga</div></div>

# STUDIO SCHEDULE-NANAKRAMGUDA FD1

SAT-SUN



Duration: All classes are 60 mins except for Reformer Pilates & Floating Hammocks (50 mins). Schedule is subject to change due to operational reasons.

SAT

**8.15 AM**  
*Classical Yoga+  
Meditation*

**9.00 AM**  
*Weekly Workshop- Multi-  
Style Pilates*

**10.30 AM**  
*Weekly Workshop- Aerial  
Fitness*

**4.00 PM**  
*Weekly Workshop-  
Floating Hammocks*

**5.30 PM**  
*Anti Gravity Aerial  
Fitness- All Levels*

SUN

**8.15 AM**  
*FireUp ALCB Pilates- Full  
Body*

**9.30 AM**  
*Anti Gravity Aerial  
Fitness- All Levels*

**10.30 AM**  
*Weekly Workshop-  
Floating Hammocks*

**3.30 PM**  
*Weekly Workshop- Aerial  
Fitness*

**5.30 PM**  
*FireUp ALCB Pilates- Full  
Body*

# STUDIO SCHEDULE-NANAKRAMGUDA FD1

MON-FRI



Duration: All classes are 60 mins except for Reformer Pilates (50 mins). Schedule is subject to change due to operational reasons.

MON	TUE	WED	THU	FRI
<div><b>7.00 AM</b> <i>Reformer ALCB Pilates- All Levels</i></div>	<div><b>7.00 AM</b> <i>Reformer ALCB Pilates- Foundation</i></div>	<div><b>7.00 AM</b> <i>Reformer Cardio Pilates- All Levels</i></div>	<div><b>7.00 AM</b> <i>Reformer ALCB Pilates- All Levels</i></div>	<div><b>7.00 AM</b> <i>Reformer ALCB Pilates- Foundation</i></div>
<div><b>8.00 AM</b> <i>Reformer ALCB Pilates- Foundation</i></div>	<div><b>8.00 AM</b> <i>Reformer ALCB Pilates- All Levels</i></div>	<div><b>8.00 AM</b> <i>Reformer ALCB Pilates- All Levels</i></div>	<div><b>8.00 AM</b> <i>Reformer ALCB Pilates- Foundation</i></div>	<div><b>8.00 AM</b> <i>Reformer Cardio Pilates- All Levels</i></div>
<div><b>10.00 AM</b> <i>Reformer ALCB Pilates- All Levels</i></div>	<div><b>10.00 AM</b> <i>Reformer ALCB Pilates- Foundation</i></div>	<div><b>10.00 AM</b> <i>Reformer Cardio Pilates- All Levels</i></div>	<div><b>10.00 AM</b> <i>Reformer ALCB Pilates- All Levels</i></div>	<div><b>10.00 AM</b> <i>Reformer ALCB Pilates- Foundation</i></div>
<div><b>5.00 PM</b> <i>Reformer ALCB Pilates- Foundation</i></div>	<div><b>5.00 PM</b> <i>Reformer ALCB Pilates- All Levels</i></div>	<div><b>5.00 PM</b> <i>Reformer ALCB Pilates- All Levels</i></div>	<div><b>5.00 PM</b> <i>Reformer ALCB Pilates- Foundation</i></div>	<div><b>5.00 PM</b> <i>Reformer Cardio Pilates- All Levels</i></div>
<div><b>7.00 PM</b> <i>Reformer ALCB Pilates- All Levels</i></div>	<div><b>7.00 PM</b> <i>Reformer ALCB Pilates- Foundation</i></div>	<div><b>7.00 PM</b> <i>Reformer Cardio Pilates- All Levels</i></div>	<div><b>7.00 PM</b> <i>Reformer ALCB Pilates- All Levels</i></div>	<div><b>7.00 PM</b> <i>Reformer ALCB Pilates- Foundation</i></div>

# STUDIO SCHEDULE-NANAKRAMGUDA FD1

SAT-SUN



Duration: All classes are 60 mins except for Reformer Pilates (50 mins). Schedule is subject to change due to operational reasons.

SAT

**8.00 AM**

*Reformer ALCB Pilates-  
All Levels*

**9.00 AM**

*Weekly Workshop- Multi-  
Style Pilates*

**11.00 AM**

*Reformer ALCB Pilates-  
All Levels*

**4.30 PM**

*Reformer ALCB Pilates-  
Foundation*

**5.30 PM**

*Reformer ALCB Pilates-  
All Levels*

SUN

**8.00 AM**

*Reformer Cardio Pilates-  
All Levels*

**9.00 AM**

*Reformer ALCB Pilates-  
All Levels*

**11.00 AM**

*Weekly Workshop- Multi-  
Style Pilates*

**4.30 PM**

*Reformer ALCB Pilates-  
All Levels*

**5.30 PM**

*Reformer ALCB Pilates-  
Foundation*