

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

7.00 AM

Anti Gravity Aerial Fitness- All Levels

7.00 AM

Breathe- Classical Yoga+ Breathwork

7.00 AM

FireUp
ALCB Pilates- Full Body

7.00 AM

Classical Yoga+ Meditation

7.00 AM

Anti Gravity Aerial Fitness- All Levels

8.15 AM

Classical Yoga+ Breathwork

8.15 AM

Anti Gravity Aerial Fitness- All Levels

8.15 AM

Classical Yoga+ Meditation

8.15 AM

Anti Gravity Aerial Fitness- All Levels

8.15 AM

FireUp
ALCB Pilates- Full Body

10.00 AM

Anti Gravity Aerial Fitness- All Levels

10.00 AM

Classical Yoga+ Breathwork

10.00 AM

FireUp
ALCB Pilates- Full Body

10.00 AM

Classical Yoga+ Meditation

10.00 AM

Anti Gravity Aerial Fitness- All Levels

5.30 PM

FireUp ALCB Pilates- Full Body

5.30 PM

Anti Gravity Aerial Fitness- All Levels

5.30 PM

Classical Yoga+ Breathwork

5.30 PM

Anti Gravity Aerial Fitness- All Levels

5.30 PM

Restorative Yin Yoga

7.00 PM

Breathe- Classical Yoga+ Breathwork

7.00 PM

FireUp ALCB Pilates- Full Body

7.00 PM

Anti Gravity Aerial Fitness- All Levels

7.00 PM

FireUp ALCB Pilates- Full Body

7.00 PM

Restorative Yin Yoga

STUDIO SCHEDULE-NANAKRAMGUDA FD1

SAT-SUN

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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

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MON

TUE

WED

THU

FRI

7.00 AM

Reformer ALCB Pilates-
All Levels

7.00 AM

Reformer ALCB Pilates-
Foundation

7.00 AM

Reformer Cardio Pilates-
All Levels

7.00 AM

Reformer ALCB Pilates-
All Levels

7.00 AM

Reformer ALCB Pilates-
Foundation

8.00 AM

Reformer ALCB Pilates-
Foundation

8.00 AM

Reformer ALCB Pilates-
All Levels

8.00 AM

Reformer ALCB Pilates-
All Levels

8.00 AM

Reformer ALCB Pilates-
Foundation

8.00 AM

Reformer Cardio Pilates-
All Levels

10.00 AM

Reformer ALCB Pilates-
All Levels

10.00 AM

Reformer ALCB Pilates-
Foundation

10.00 AM

Reformer Cardio Pilates-
All Levels

10.00 AM

Reformer ALCB Pilates-
All Levels

10.00 AM

Reformer ALCB Pilates-
Foundation

5.00 PM

Reformer ALCB Pilates-
Foundation

5.00 PM

Reformer ALCB Pilates-
All Levels

5.00 PM

Reformer ALCB Pilates-
All Levels

5.00 PM

Reformer ALCB Pilates-
Foundation

5.00 PM

Reformer Cardio Pilates-
All Levels

7.00 PM

Reformer ALCB Pilates-
All Levels

7.00 PM

Reformer ALCB Pilates-
Foundation

7.00 PM

Reformer Cardio Pilates-
All Levels

7.00 PM

Reformer ALCB Pilates-
All Levels

7.00 PM

Reformer ALCB Pilates-
Foundation

STUDIO SCHEDULE-NANAKRAMGUDA FD1

SAT-SUN

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SAT

SUN

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

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