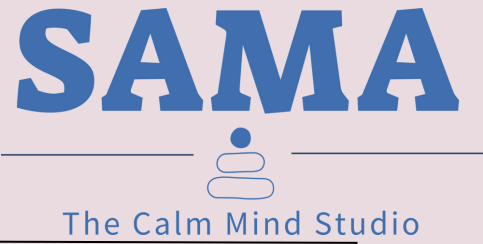


# STUDIO SCHEDULE-MARATHAHALLI/SIDDAPURA

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
<b>6.00 AM-Soundhar</b> Meditate- Classical Yoga and Meditation	<b>7.05 AM-Bipin</b> Move- Pilates for Strength	<b>6.00 AM- Abhishek</b> Move- Classical Yoga and Yoga Nidra	<b>6.00 AM- Soundhar</b> Move- Reformer Pilates	<b>6.00 AM-Gargi</b> Breathe- Classical Yoga and Breathwork
	<b>7.00 AM- Mohanraj</b> Move-Reformer Pilates	<b>7.05 AM-Abhishek</b>  Move-Aerial Yoga -All Levels	<b>7.05 AM-Abhishek</b> Aerial Yoga For L1/L2 Graduates- INTERMEDIATE	
<b>8.00 AM- Soundhar</b> Move-Reformer Pilates	<b>8.00 AM- Soundhar</b> Move-Reformer Pilates	<b>8.00 AM- Mohanraj</b> Move- Reformer Pilates	<b>8.00 AM- Mohanraj</b> Move- Reformer Pilates	<b>8.00 AM- Soundhar</b> Move- Reformer Pilates
<b>8.30 AM- Gargi</b> Meditate-Classical Yoga and Yoga Nidra	<b>8.30 AM-Bipin</b> Move- Pilates for Strength	<b>8.30 AM- Shivani</b> Breathe- Classical Yoga and Breathwork	<b>8.30 AM- Gargi</b> Cardio Yoga	<b>8.30 AM-Mohanraj</b> Move-Wall Pilates
	<b>9.00 AM- Mohanraj</b> Move- Reformer Pilates		<b>9.00 AM- Soundhar</b> Move- Reformer Pilates	
<b>10.00 AM- Gargi</b> Meditate- Classical Yoga with Yoga Nidra	<b>10.00 AM- Pratyusha</b> Meditate- Classical Yoga with Breathwork	<b>10.00 AM- Shivani</b> Move-Wall Pilates	<b>10.00 AM- Mohanraj</b> Move- Reformer Pilates (2)	<b>10.00 AM- Gargi</b> Meditate- Restorative Yoga
<b>10.00 AM- Mohanraj</b> Move- Reformer Pilates (2)	<b>10.00 AM- Mohanraj</b> Move- Reformer Pilates (2)	<b>10.00 AM- Mohanraj</b> Move- Reformer Pilates (2)		<b>10.00 AM- Mohanraj</b> Move- Reformer Pilates (2)
<b>4.00 PM-Mohanraj</b> Move- Reformer Pilates (2)	<b>4.00 PM- Shivani</b> Mind Body Fitness for Seniors	<b>4.00 PM-Mohanraj</b> Move- Reformer Pilates (2)	<b>4.00 PM- Pratyusha</b> Mind Body Fitness for Senios	<b>4.00 PM-Mohanraj</b> Move- Reformer Pilates (2)
	<b>4.00 PM-Mohanraj</b> Move- Reformer Pilates (2)		<b>4.00 PM-Mohanraj</b> Move- Reformer Pilates (2)	
<b>5.00 PM-Soundhar</b> Breathe-Classical Yoga with Breathwork	<b>5.30 PM- Shivani</b> Move- Wall Pilates	<b>5.30 PM- Pratyusha</b> Meditate- Classical Yoga with Yoga Nidra	<b>5.30 PM- Pratyusha</b> Meditate- Classical Yoga + Yoga Nidra	<b>5.30 PM- Gargi</b> Aerial Yoga Workshop for Beginners
	<b>5.30 PM- Soundhar</b> Move- Reformer Pilates (2)	<b>5.30 PM- Soundhar</b> Move- Reformer Pilates (2)		<b>5.30 PM- Soundhar</b> Move- Reformer Pilates (2)
<b>6.00 PM- Bipin</b> Aerial Yoga for Kids			<b>6.00 PM-Soundhar</b> Move- Reformer Pilates (2)	
<b>6.00 PM-Mohanraj</b> Move- Reformer Pilates (2)				
<b>7.00 PM- Soundhar</b> Move- Reformer Pilates (2)	<b>7.00 PM-Soundhar</b> Breathe-Classical Yoga with Breathwork	<b>7.00 PM-Mohanraj</b> Move- Wall Pilates	<b>7.00 PM-Mohanraj</b> Move- Reformer Pilates	<b>7.00 PM-Soundhar</b> Meditate-Classical Yoga with Yoga Nidra
	<b>7.00 PM- Mohanraj</b> Move- Reformer Pilates (2)			<b>7.00 PM-Mohanraj</b> Move- Reformer Pilates

# STUDIO SCHEDULE-MARATHAHALLI/SIDDAPURA

SAT-SUN



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

SAT	SUN
<div><div>8.45 AM-Abhishek</div><div>Move- Cardio Yoga</div></div>	<div><div>8.45 AM- Bipin</div><div>Move- Pilates for Strength</div></div>
<div><div>8.30 AM- Soundhar</div><div>Reformer Pilates</div></div>	<div><div>8.30 AM- Soundhar</div><div>Reformer Pilates</div></div>
<div><div>9.30 AM- Soundhar</div><div>Move-Reformer Pilates</div></div>	<div><div>9.30 AM- Soundhar</div><div>Move-Reformer Pilates</div></div>
<div><div>10.00 AM- Abhishek</div><div>Yoga Dance Flow</div></div>	<div><div>10.00 AM- Guest Teacher</div><div>Explore- Yoga Workshop of The Week</div></div>
<div><div>10.30 AM- Mohanraj</div><div>Move- Reformer Pilates</div></div>	<div><div>10.30 AM- Mohanraj</div><div>Move- Reformer Pilates (2)</div><div>NEW</div></div>
<div><div>11.30 AM- Mohanraj</div><div>Move- Reformer Pilates (2)</div></div>	<div><div>11.30 AM- Soundhar</div><div>Move- Reformer Pilates (2)</div></div>
<div><div>11.45 AM- Bipin</div><div>Aerial Yoga for L1/L2 Intermediate</div></div>	<div><div>11.45 AM- Bipin</div><div>Aerial Yoga -All Levels</div><div>NEW</div></div>
<div><div>12.30 PM- Soundhar</div><div>Move- Reformer Pilates (2)</div></div>	<div><div>12.30 PM- Mohanraj</div><div>Move- Reformer Pilates (2)</div></div>
<div><div>1.45 PM-Aerial Yoga</div><div>Workshop for Beginners</div></div>	<div><div>1.45 PM-Aerial Yoga</div><div>Workshop for Beginners</div></div>
<div><div>3.30 PM-Aerial Yoga</div><div>Workshop for Beginners</div></div>	<div><div>3.30 PM-Aerial Yoga</div><div>Workshop for Beginners</div></div>
<div><div>4.00 PM-Soundhar</div><div>Move- Reformer Pilates (2)</div></div>	<div><div>4.00 PM-Mohanraj</div><div>Move- Reformer Pilates (2)</div></div>
<div><div>5.00 PM- Soundhar</div><div>Move- Reformer Pilates (2)</div></div>	<div><div>5.00 PM- Mohanraj</div><div>Move- Reformer Pilates (2)</div></div>