

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

# STUDIO SCHEDULE-MARATHAHALLI/SIDDAPURA

SAT-SUN

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## SAT

**8.45 AM-Gargi**  
Move- Classical Cardio  
Yoga

**8.30 AM- Soundhar**  
Reformer Pilates

**9.30 AM- Soundhar**  
Move-Reformer Pilates

**10.30 AM- Mohanraj**  
Move- Reformer Pilates

**11.30 AM- Mohanraj**  
Move- Reformer Pilates (2)

**11.45 AM- Bipin**  
Aerial Yoga -Intermediate

**12.30 PM- Mohanraj**  
Move- Reformer Pilates (2)

**1.45 PM-Aerial Yoga  
Workshop for Beginners**

**3.30 PM-Aerial Yoga  
Workshop for Beginners**

**4.00 PM-Soundhar**  
Move- Reformer Pilates (2)

**5.00 PM- Soundhar**  
Move- Reformer Pilates (2)

## SUN

**8.45 AM- Bipin**  
Move- Classical Yoga with  
Breathwork

**8.30 AM- Soundhar**  
Reformer Pilates

**9.30 AM- Soundhar**  
Move-Reformer Pilates

**10.00 AM- Bipin**  
Move- Pilates for Strength

**10.30 AM- Mohanraj**  
Move- Reformer Pilates (2)

**11.30 AM- Soundhar**  
Move- Reformer Pilates (2)

**11.45 AM- Bipin**  
Aerial Yoga -All Levels 

**12.30 PM- Mohanraj**  
Move- Reformer Pilates (2)

**1.45 PM-Aerial Yoga  
Workshop for Beginners**

**3.30 PM-Aerial Yoga  
Workshop for Beginners**

**4.00 PM-Mohanraj**  
Move- Reformer Pilates (2)

**5.00 PM- Mohanraj**  
Move- Reformer Pilates (2)