













APRIL- 2022 WORKOUT SCHEDULE


























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+91 9205264010, +91 8447081720

DAY	TIME	7 PM - 8 PM	8 PM - 9 PM
MONDAY		 ZUMBA BY PRIYANKA	 S&C BY RAHUL
TUESDAY		 S&C BY PRIYANKA	 ZUMBA BY RAHUL
WEDNESDAY		 ZUMBA BY PRIYANKA	 S&C BY RAHUL
THURSDAY		 S&C/HIIT BY PRIYANKA	 ZUMBA BY RAHUL
FRIDAY			 S&C BY RAHUL
SATURDAY		 CHALLENGE DAY MOBILITY PRIYANKA	



APRIL '22 YOGA SCHEDULE

DAY \ TIME	7-8 AM	8-9 AM	9-10 AM	5-6 PM	6-7 PM
MONDAY	 YOGA NEELAM	 YOGA NEELAM	 YOGA PUJITA	 YOGA NEELAM	 YOGA RIFKA
TUESDAY	 YOGA NEELAM	 YOGA NEELAM	 YOGA PUJITA	 YOGA NEELAM	 YOGA RIFKA
WEDNESDAY	 YOGA NEELAM	 YOGA NEELAM	 YOGA PUJITA	 YOGA NEELAM	 YOGA RIFKA
THURSDAY	 YOGA NEELAM	 YOGA NEELAM	 YOGA PUJITA	 YOGA NEELAM	 YOGA RIFKA
FRIDAY	 YOGA NEELAM	 YOGA NEELAM	 YOGA PUJITA	 YOGA NEELAM	 YOGA RIFKA

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APRIL- 2022

PRE-NATAL YOGA SCHEDULE

CALL FOR MORE INFO

+91 9205264010, +91 8447081720

DAY \ TIME	8:30-9:30 AM	5-6 PM
MONDAY	 PRENATAL YOGA VIJETA	 PRENATAL YOGA VIJETA
TUESDAY	 PRENATAL YOGA VIJETA	 PRENATAL YOGA VIJETA
WEDNESDAY	 PRENATAL YOGA VIJETA	 PRENATAL YOGA VIJETA
THURSDAY	 PRENATAL YOGA VIJETA	 PRENATAL YOGA VIJETA
FRIDAY	 PRENATAL YOGA VIJETA	 PRENATAL YOGA VIJETA