













MAY - 2022 WORKOUT SCHEDULE























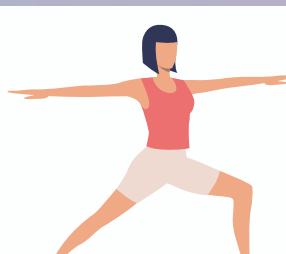

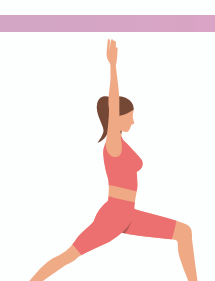
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DAY \ TIME	7 PM - 8 PM	8 PM - 9 PM
MONDAY	 ZUMBA BY PRIYANKA	 S&C BY RAHUL
TUESDAY	 S&C BY PRIYANKA	 ZUMBA BY RAHUL
WEDNESDAY	 ZUMBA BY PRIYANKA	 S&C BY RAHUL
THURSDAY	 S&C/HIIT BY PRIYANKA	 ZUMBA BY RAHUL
FRIDAY		 S&C BY RAHUL
SATURDAY	 CHALLENGE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



MAY'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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MAY-2022 PRE-NATAL YOGA SCHEDULE

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DAY \ TIME	8:30-9:30 AM	5-6 PM	6:30-7:30 PM
MONDAY	 PRENATAL YOGA VIJETA	 PRENATAL YOGA VIJETA	 PRENATAL YOGA AMRITHA
TUESDAY	 PRENATAL YOGA VIJETA	 PRENATAL YOGA VIJETA	 PRENATAL YOGA AMRITHA
WEDNESDAY	 PRENATAL YOGA VIJETA	 PRENATAL YOGA VIJETA	 PRENATAL YOGA AMRITHA
THURSDAY	 PRENATAL YOGA VIJETA	 PRENATAL YOGA VIJETA	 PRENATAL YOGA AMRITHA
FRIDAY	 PRENATAL YOGA VIJETA	 PRENATAL YOGA VIJETA	 PRENATAL YOGA AMRITHA