



GROUP X



1st Sept to 30th Sept 2016

| Monday | Tuesday | Wed | Thursday | Friday | Saturday |
|---|---|---|---|--|---|
| 6.00 AM Suryanamaskar | 6.00 AM Suryanamaskar | | | | |
| 6:30AM Sheetal Traditional Yoga | 6.30AM Prachi (Power Yoga) Group X | 6.45 AM Anjali (Aerobics)Intermediate Level | 7:00AM Express Workout (Pool Side) | 6:15AM Prachi Yoga (Group X) | 7:00AM Express Workout (Pool Side) |
| | 7:00AM Express Workout (Pool Side) | 7:00AM Express Workout (Pool Side) | 7:30AM Vinayak (ABS Batch) Group X | 07.15AM Prachi Yoga (Group X) | 7.30AM Vinayak (ABS / Tag Batch) Group X |
| | 7.40AM Vinayak (ABS Batch) Group X | 7.45AM Tanish (Cardio Kick Boxing)Group X | 8:00AM Express Workout (Pool Side) | 8.30 AM Deepali Zumba | 8.00 AM Saroj Bollywood Dance |
| 7.30AM Prasad (Aerobics)Intermediate Level | 8:00AM Express Workout (Pool Side) | 8:00AM Express Workout (Pool Side) | 8:10 AM Prasad Aerobics(intermediat Level) | | 8:00AM Express Workout (Pool Side) |
| | 8.10 AM Prasad Aerobics | 9.30AM Shelly/ Akanksha (Zumba) Group X | 10.00 AM Apurva ABS Batch | 09.30 AM Apurva Functional training | |
| 09.30 AM Apurva Traditional Yoga | | | 10.30AM PMDS (Bollywood)Group X | 10:30AM Shelly/ Akanksha Zumba | |
| 10.45 AM Shelly/ Akanksha (Zumba) Group X | 10:30 AM Sheetal (Aerobics)Tag(Lower body tonnin | 10:30AM Sheetal Power Yoga | | | |
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| | 6:30PM Sheetal (Power Yoga) | 6:15PM Rucha Mulay (Pilates) | 6:30PM Sheetal Power Yoga | | |
| 7:00PM Express Workout (Pool Side) | 7:00PM Express Workout (Pool Side) | 7:00PM Express Workout (Pool Side) | 7:00PM Express Workout (Pool Side) | 6:30PM Anjali (Aerobics)IntermediateLevel | 7:00PM Express Workout (Pool Side) |
| 7.10PM Anjali (Aerobics) basic level | | 7.10 PM Anjali (Bench Aerobics) Advanced Level | | 7:00PM Express Workout (Pool Side) | |
| 8:20PM Umesh (Kick Boxing) Group X | 7:40PM PMDS (Zollywood) Group X | | 7:40PM Rohit (Bollywood Dance) | 7.30PM Pooja (Zumba) | |
| | | | | 8:00PM Express Workout (Pool Side) | |
| 9:20PM Rakesh (ABS Batch) Group X | 8:45PM Rakesh (ABS Batch) Group X | 8:15PM Umesh (Kick Boxing) Group X | 8:40PM Rakesh (ABS Batch) Group X | 8:30PM Umesh (Kick Boxing) Group X | 9.00 PM ABS Batch |

Classes or Instructors could change or get cancelled without prior notice.

New members who have never exercised before should attend group classes after counselling with fitness prograner

Kindly Note that,Minumum Five Members are required to conduct the Batch / Session.

#For More inforantiom /suggestion about group classes feel free to speak : 020-30281316/ 17e-mail:sales@abfitness.in