

GROUP X STUDIO

SCHEDULE FOR THE MONTH FEBRUARY 2024

DATE	MORNING 6:00 TO 7:00	MORNING 7:00 TO 8:00	MORNING 8:15 TO 9:15	MORNING 8:15 TO 9:15	EVENING 5:00 TO 6:00	EVENING 6:15 TO 7:15	EVENING 6:15 TO 7:15	EVENING 7:15 TO 8:15
MON	YOGA KRISHNA SIR	YOGA KRISHNA SIR	DANCE FITNESS AMIT SIR	SPINNING NARESH SIR	YOGA PUSHKAL SIR	SPINNING NARESH SIR		BOLLYROBICS PARMESH SIR
TUE	ZUMBA PANKAJ SIR	YOGA PUSHKAL SIR	BOLLYROBICS PARMESH SIR		YOGA PUSHKAL SIR		BOLLYROBICS RUPAYAN SIR & SOURABH SIR	ZUMBA SUNNY SIR
WED	YOGA KRISHNA SIR	YOGA KRISHNA SIR	MASTER CLASS JACK SIR & VISH SIR 8:15 TO 10:15	SPINNING NARESH SIR	YOGA PUSHKAL SIR	SPINNING NARESH SIR	BOLLYROBICS PARMESH SIR	BOLLYROBICS VISHAL SIR
THU	ZUMBA KRISHNA SIR	YOGA PUSHKAL SIR	BOLLYROBICS RUPAYAN SIR & SOURAB SIR		YOGA PUSHKAL SIR		MASTER CLASS JACK SIR & VISH SIR 6:30 TO 8:30PM	
FRI	YOGA KRISHNA SIR	YOGA KRISHNA SIR	MASTER CLASS PARMESH SIR & PANKAJ SIR 8:15 TO 10:15	SPINNING NARESH SIR	YOGA PUSHKAL SIR	SPINNING NARESH SIR	BOLLYROBICS RUPAYAN SIR	BOLLYROBICS CHANDAN SIR
SAT	DANCE FITNESS AMIT SIR	YOGA PUSHKAL SIR	BOLLYROBICS RUPAYAN SIR & SOURAB SIR				BOLLYROBICS SOURABH SIR & RUPAYAN SIR 6:00 TO 7:00	

ADDRESS: GROUND TO 4TH FLOOR, MAMTA BUSINESS PARK, NEAR AAROGYA HOSPITAL,
SHANKAR NAGAR, RAIPUR (CG) +917000313681

DATE	MORNING 7:00 TO 8:00	MORNING 8:15 TO 9:15	MORNING 8:10 TO 9:10	EVENING 6:00 TO 7:00	EVENING 6:00 TO 7:00	EVENING 7:00 TO 8:00	EVENING 8:00 TO 9:00PM
MONDAY	YOGA ABHA MA'AM		BOLLYROBICS VISH SIR		YOGA ABHA MA'AM	BOLLYROBICS VISH SIR	
TUESDAY	YOGA KRISHNA SIR	SPINNING NARESH SIR	BOLLYROBICS CHANDAN SIR	SPINNING NARESH SIR	YOGA SWALIA MA'AM	MASTER CLASS JACK SIR & PARMESH SIR 7:00 TO 9:00	
WEDNESDAY	YOGA ABHA MA'AM		BOLLYROBICS RUPAYAN SIR 8:15 TO 9:15		YOGA ABHA MA'AM	ZUMBA SUNNY SIR	BOLLYROBICS RUPAYAN SIR & SOURABH SIR
THURSDAY	YOGA KRISHNA SIR	SPINNING NARESH SIR	BOLLYROBICS VISH SIR	SPINNING NARESH SIR	YOGA PUSHKAL SIR 6:15 TO 7:15	BOLLYROBICS RUPAYAN SIR 7:15 TO 8:15	
FRIDAY	YOGA ABHA MA'AM		BOLLYROBICS SOURAB SIR		YOGA ABHA MA'AM	BOLLYROBICS PARMESH SIR	
SATURDAY	YOGA KRISHNA SIR	SPINNING NARESH SIR	MASTER CLASS PARMESH SIR & AMIT SIR 8:10 TO 10:10	SPINNING NARESH SIR	YOGA PUSHKAL SIR	BOLLYROBICS RUPAYAN SIR 7:15 TO 8:15	

ADDRESS: 7TH FLOOR, CURRENCY TOWER G. E- VIP ROAD CORNER, RAIPUR, (C.G)

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