



















# DECEMBER 2021 WORKOUT SCHEDULE

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+91 9205264010  
+91 8447081720

DAY \ TIME	6 PM - 7 PM	7 PM - 8 PM	8 PM - 9 PM
MONDAY	 HIIT BY AHMED	 FULL BODY WORKOUT SHANEE	 S&C BY RAHUL
TUESDAY	 HIIT BY AHMED	 FULL BODY WORKOUT SHANEE	 ZUMBA BY RAHUL
WEDNESDAY	 HIIT BY AHMED	 FULL BODY WORKOUT SHANEE	 S&C BY RAHUL
THURSDAY	 HIIT BY AHMED	 FULL BODY WORKOUT SHANEE	 ZUMBA BY RAHUL
FRIDAY	 HIIT BY AHMED	 FULL BODY WORKOUT SHANEE	 S&C BY RAHUL
SATURDAY		 FULL BODY WORKOUT SHANEE	



# DECEMBER '21 YOGA SCHEDULE

DAY \ TIME	7-8 AM	8-9 AM	9-10 AM	9:30-10:30 AM	5-6 PM	5-6 PM
MONDAY	 YOGA NEELAM	 YOGA NEELAM	 YOGA PUJITA	 PRENATAL YOGA VIJETA	 YOGA RIFKA	 PRENATAL YOGA VIJETA
TUESDAY	 YOGA NEELAM	 YOGA NEELAM	 YOGA PUJITA	 PCOD/PCOS YOGA VIJETA	 YOGA RIFKA	 PRENATAL YOGA VIJETA
WEDNESDAY	 YOGA NEELAM	 YOGA NEELAM	 YOGA PUJITA	 PRENATAL YOGA VIJETA	 YOGA RIFKA	 PRENATAL YOGA VIJETA
THURSDAY	 YOGA NEELAM	 YOGA NEELAM	 YOGA PUJITA	 PCOD/PCOS YOGA VIJETA	 YOGA RIFKA	 PRENATAL YOGA VIJETA
FRIDAY	 YOGA NEELAM	 YOGA NEELAM	 YOGA PUJITA	 PRENATAL YOGA VIJETA	 YOGA RIFKA	 PRENATAL YOGA VIJETA

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