

ROARING FITNESS venture



GROUP X SCHEDULE POWAI

TIMINGS	MON	TUE	WED	THU	FRI	SAT
7:30 AM 8:30 AM	KICK BOXING	POWER YOGA				
8:30 AM 9:30 AM	TRX	ZUMBA STEP SPINNING	TRX	KICK BOXING SPINNING	MAT PILATES	
9:30 AM 10:30 AM	BOLLYFIT DANCE	SPINNING		SPINNING	BOLLYFIT DANCE	TRX
10:30 AM 11:30 AM						BOLLYFIT DANCE
6:00 PM 7:00 PM	ZUMBA STEP	KICK BOXING	SPINNING	ZUMBA STEP	SPINNING	
7:00 PM 8:00 PM	MAT PILATES	POWER YOGA	SPINNING MAT PILATES	TRX	SPINNING POWER YOGA	
8:00 PM 9:00 PM		BOLLYFIT DANCE			ZUMBA	MMA