

FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Functional Training Ashakiran 4 pm Pillar Gym	Yoga Ashakiran 4 pm Movement Studio 2nd floor		Zumba Ashakiran 4 pm Movement Studio 2nd floor	Mobility Ashakiran 4 pm Movement Studio 2nd floor	Aqua Aerobic George 10 am Pillar Pool Fitness Party Ashakiran 4 pm Movement studio 2nd floor	Aqua Aerobic George 10 am Pillar Pool Fitness Party Ashakiran 4 pm Movement studio 2nd floor
Stretching George 10 am Movement Studio 2nd floor Functional Training Ashakiran 4 pm Pillar Gym	Body Pump George 10 am Pillar Gym Yoga Ashakiran 4 pm Movement Studio 2nd floor	Aqua Aerobic George 10 am Pillar Indoor pool	Tabata George 10 am Pillar Gym Zumba Ashakiran 4pm Movement Studio 2nd floor	Mobility Ashakiran 4 pm Movement Studio 2nd floor	Aqua Aerobic George 10 am Pillar Pool Fitness Party Ashakiran 4 pm Movement studio 2nd floor	Aqua Aerobic George 10 am Pillar Pool Fitness Party Ashakiran 4 pm Movement studio 2nd floor
Stretching George 10 am Movement Studio 2nd floor Functional Training Ashakiran 4 pm Pillar Gym	Body Pump George 10 am Pillar Gym Yoga Ashakiran 4 pm Movement Studio 2nd floor	Aqua Aerobic George 10 am Pillar Indoor pool	Tabata George 10 am Pillar Gym Zumba Ashakiran 4pm Movement Studio 2nd floor	Mobility Ashakiran 4 pm Movement Studio 2nd floor	HIIT George 10 am Pillar Gym Tabatta Ashakiran 4 pm Pillar Gym	Aqua Aerobic George 10 am Pillar Pool Fitness Party Ashakiran 4 pm Movement studio 2nd floor
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HIIT Workout	High-Intensity Interval Training (HIIT) combines short bursts of intense exercise with recovery periods, making it ideal for fat burning and enhancing cardiovascular endurance.	Stretching	A series of exercises designed to lengthen muscles and improve flexibility, reducing soreness and promoting faster muscle recovery.
Aqua Aerobics	Low-impact, water-based aerobic exercises designed to enhance cardiovascular health, build strength, and improve flexibility—perfect for all fitness levels.	Zumba	A dance-based cardio workout set to energetic music, blending Latin and international dance moves for a fun, social, and invigorating exercise experience.
Mobility Training	This training focuses on enhancing joint flexibility and range of motion, helping to prevent injuries and improve overall movement efficiency in daily life.	Yoga	A mindful practice centered on breath control, meditation, and poses that cultivate flexibility, strength, and inner calm.
Tabata	A type of HIIT workout with 20 seconds of intense exercise followed by 10 seconds of rest, repeated for four minutes per exercise, known for its fat-burning benefits.	Fitness Party	An upbeat workout session set to lively music, creating a festive atmosphere with a blend of cardio and dance exercises for a fun, high-energy experience.
Body Pump	A barbell-based workout using light to moderate weights with high repetitions to build strength, tone muscles, and improve endurance.	Functional Training	Exercises that replicate everyday movements, enhancing strength, balance, and coordination to support overall physical function and daily mobility.