Uptown fitness Studio

1/F, No. 6, La Bahadur Sastri Street
Puducherry 605001
+91 413 420 9232
www.uptown-fitness-studio.com

ANNUAL REGISTRATION	6 months	3 months
500 rs - single 1000 rs - family*	300 rs	200 rs

(2 adults and their children under 25 years)

Get a friend to register and win 1 free class

10 CLASSES VALID 2 MONTHS **+1 FREE class** = 11 hours	2500 rs
20 CLASSES VALID 2 MONTHS **+ UNLIMITED ACCESS MUSCULATION STUDIO** **+ 2 FREE classes** = 22 hours	5000 rs
30 CLASSES VALID 3 MONTHS **+ UNLIMITED ACCESS MUSCULATION STUDIO** **+ 3 FREE classes**	6750 rs

+ 1 free hour with personal Trainer

1 MONTH EQUIPMENT studio - only		
UNLIMITED ACCESS EQUIPMENT STUDIO		1500 rs
3 MONTHS EQUIPMENT studio - only	10% DISCOUNT	
UNLIMITED ACCESS EQUIPMENT STUDIO		4000 rs
6 MONTHS EQUIPMENT studio - only	10% DISCOUNT	
UNLIMITED ACCESS EQUIPMENT STUDIO		8000 rs
12 MONTHS EQUIPMENT studio - only	10% DISCOUNT	
UNLIMITED ACCESS EQUIPMENT STUDIO		16,000 rs

Personal coach (60 min)	300 rs
Personal coach CHILDREN	250 rs
JUNIOR CLASSES PER MONTH	600 rs

TRAVELERS **275 rs** per day for equipment --- **300 rs** per classes

FAMILY MEMBERSHIP *(2 adults and children under 25 years)* 1st person pays full price - 2nd person **5% off** all other family members **10% off**

WORKSHOPS (stage)
date and price will be announced in advance

-10% for students -10% for students -10% for students -10% for students -10% for students -10% for students -10% for students -10% for students

No refunds on purchases.

MONDAY TO FRIDAY
6:00 - 11: 00 a.m
4:00-9:00 p.m

SATURDAY
6:00 to 5: 30 p.m

	MONDAY	TUESDAY	WEDNESDAY	THRUSDAY	FRIDAY	SATURDAY
6H00	OPEN 6:00 a.m					
6H15						
6H30						
6H45	YOGA 6:30 - 7:30 Anourikha	YOGA 6:30 - 7:30 Anourikha	YOGA 6:30 - 7:30 Anourikha	YOGA 6:30 - 7:30 Anourikha	YOGA 6:30 - 7:30 Anourikha	
7H15						
7H30						
7H45						
8H00						
8H15						
8H30						
8H45	CARDIO/STRETCH 8:30 - 9:30 Satish	CARDIO/STRETCH 8:30 - 9:30 Satish	GYM TONIQUE ABDO FESSIER 8:30 - 9:30 Waiza	CARDIO/STRETCH 8:30 - 9:30 Satish	GYM TONIQUE ABDO FESSIER 8:30 - 9:30 Waiza	
9H00						
9H15						
9H30						
9H45						
10H00	WORK SHOP					
10H15						
10H30						
10H45						
11H00						
11H15						
11H30						
11H45						
12H00						
12H15						
12H30						
12H45						
1H00						
1H15						
1H30						
1H45	LUNCH TIME 11:00 to 4:00					
2H00						
2H15						
2H30						
2H45						
3H00						
3H15						
3H30						
3H45						
4H00	DANCE ages 5/8 4:00 - 5:00 Salsa Shrini	DANCE ages 5/8 4:00 - 5:00 Salsa Shrini	ACRO GYM ages 9/14 4:00 - 5:00 Yves		ACRO GYM ages 9/14 4:00 - 5:00 Yves	
4H15						
4H30						
4H45				DANCE ages 9/12 4:30 - 5:30 Salsa Shrini		DANCE ages 9/12 4:30 - 5:30 Salsa Shrini
5H00						
5H15						
5H30	CHILDREN'S BHARATA NATYAM 5:30 - 6:30 Anuraka	TAI-CHI 5:30 - 6:30 Sandosh		TAI-CHI 5:30 - 6:30 Sandosh		
5H45						
6H00			CAPOEIRA JUNIORS 6:00 - 7:00 Samir			
6H15						
6H30						
6H45	DANCE aerobics 6:30 - 7:30 Salsa Shrini			DANCE aerobics 6:30 - 7:30 Salsa Shrini	DANCE aerobics 6:30 - 7:30 Salsa Shrini	
7H00			BHARATA NATYAM 7:00 - 8:00 Anuraka			
7H15						
7H30						
7H45						
8H00						
8H15						
8H30						
8H45						
9H00	CLOSED 9:00	CLOSED 9:00	CLOSED 9:00	CLOSED 9:00	CLOSED 9:00	CLOSED 5h30