

FEBRUARY '25

VALENTINE'S EDITION



INSTAGRAM





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7 am Onwards At Fitness Studio Varsha Gupta

With extensive experience in fitness training and rehabilitation, Varsha has worked in roles such as Master Trainer and Group and Personal Fitness Coach, showcasing expertise in exercise program design, fitness instruction, and personalized coaching.



**7 PM ONWARDS
AT GREAT LAWN
THE SHOW CONSISTS OF 2 PLAYS**

14
FEBRUARY



IN LOVE FROM RUSSIA



This show is dramatized from a short story of the same name by Sholom Aleichem

Sholom Aleichem's short stories are full of gentle humour. They are about the lives of the Jews who lived in a little village in Czarist Russia—their joys, their disappointments, their troubles, their relationships. 'Tevye Wins a Fortune' is a dramatized version of a story with the same name. This is the same Tevye who was made famous by his inclusion in the musical 'Fiddler on the Roof'. Come and enjoy a few days of the life he leads in the 40 minutes of this play.





It is a sweet, poignant story about the relationship between a 'cool' father and his young son. The father thinks that his native son needs to know about the ways of romance and love and decides to introduce his very reluctant son to a very beautiful lady.

As the nervous young man finally makes his way to the lady, he comments on how he will emerge from the place no longer his father's little boy, but Anton the man. Suddenly the father realises that he is really not ready for this transition and the play ends with the father and son making their way back home in a spirit of camaraderie and comfort.





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15

FEBRUARY

Images are for representation purposes only

GYM Calendar

1

YOGA
8:00 AM TO 9:00 AM
(SONAKSHI)

2

FIT TO GO
8:30 AM TO 9:30 AM
(AJAY)

3

KICK-BOXING
8:30 AM TO 9:30 AM
(LUCKY)

4

STEP AEROBICS
8:00 AM TO 9:00 AM
(SONAKSHI)
---X---
YOGA
6:30 PM TO 7:30 PM
(SONAKSHI)

5

YOGA
8:00 AM TO 9:00 AM
(SHARMILA)
---X---
KICK-BOXING
6:30 PM TO 7:30 PM
(LUCKY)

6

SPINNING
7:45 AM TO 8:35 AM
(AJAY)
SPINNING
8:40 AM TO 9:30 AM
(AJAY)
---X---
YOGA
6:30 PM TO 7:30 PM
(SHARMILA)

7

FUNCTIONAL DRILL
8:00 AM TO 9:00 AM
(NIKITA)
---X---
BOOT CAMP
6:30 PM TO 7:30 PM
(LUCKY)

8

YOGA
8:00 AM TO 9:00 AM
(SONAKSHI)

9

FIT TO GO
8:30 AM TO 9:30 AM
(AJAY)

10

KICK-BOXING
8:30 AM TO 9:30 AM
(LUCKY)

11

STEP AEROBICS
8:00 AM TO 9:00 AM
(SONAKSHI)
---X---
YOGA
6:30 PM TO 7:30 PM
(SONAKSHI)

12

YOGA
8:00 AM TO 9:00 AM
(SHARMILA)
---X---
KICK-BOXING
6:30 PM TO 7:30 PM
(LUCKY)

13

SPINNING
7:45 AM TO 8:35 AM
(AJAY)
SPINNING
8:40 AM TO 9:30 AM
(AJAY)
---X---
YOGA
6:30 PM TO 7:30 PM
(SHARMILA)

14

FUNCTIONAL DRILL
8:00 AM TO 9:00 AM
(NIKITA)
---X---
BOOT CAMP
6:30 PM TO 7:30 PM
(LUCKY)

15

YOGA
8:00 AM TO 9:00 AM
(SONAKSHI)

16

FIT TO GO
8:30 AM TO 9:30 AM
(AJAY)

17

KICK-BOXING
8:30 AM TO 9:30 AM
(LUCKY)

18

STEP AEROBICS
8:00 AM TO 9:00 AM
(SONAKSHI)
---X---
YOGA
6:30 PM TO 7:30 PM
(SONAKSHI)

19

YOGA
8:00 AM TO 9:00 AM
(SHARMILA)
---X---
KICK-BOXING
6:30 PM TO 7:30 PM
(LUCKY)

20

SPINNING
7:45 AM TO 8:35 AM
(AJAY)
SPINNING
8:40 AM TO 9:30 AM
(AJAY)
---X---
YOGA
6:30 PM TO 7:30 PM
(SHARMILA)

21

FUNCTIONAL DRILL
8:00 AM TO 9:00 AM
(NIKITA)
---X---
BOOT CAMP
6:30 PM TO 7:30 PM
(LUCKY)

22

YOGA
8:00 AM TO 9:00 AM
(SONAKSHI)

23

FIT TO GO
8:30 AM TO 9:30 AM
(AJAY)

24

KICK-BOXING
8:30 AM TO 9:30 AM
(LUCKY)

25

STEP AEROBICS
8:00 AM TO 9:00 AM
(SONAKSHI)
---X---
YOGA
6:30 PM TO 7:30 PM
(SONAKSHI)

26

YOGA
8:00 AM TO 9:00 AM
(SHARMILA)
---X---
KICK-BOXING
6:30 PM TO 7:30 PM
(LUCKY)

27

SPINNING
7:45 AM TO 8:35 AM
(AJAY)
SPINNING
8:40 AM TO 9:30 AM
(AJAY)
---X---
YOGA
6:30 PM TO 7:30 PM
(SHARMILA)

28

FUNCTIONAL DRILL
8:00 AM TO 9:00 AM
(NIKITA)
---X---
BOOT CAMP
6:30 PM TO 7:30 PM
(LUCKY)

