



## ONLINE EXERCISE BATCH

Connect with your Mind, Body, and Soul  
With our **Online Exercise Batch**

Scientifically Designed Workouts  
by **Namrata Sheth**  
to improve your **Strength, Movement  
and Mobility, Balance, Energy** and  
Executed by **Certified Trainers** Mauli & Pooja  
+

**1 Exclusive Session every month  
with Namrata  
for Movement, Mobility, Nutrition &  
Lifestyle management**

**Days: Tuesday, Thursday & Saturday  
Time: 6:00 am - 7:00 am IST**

You can join us from anywhere to  
improve your health and well-being.

For more details or  
signing up Contact  
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079 4891 1905**



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