

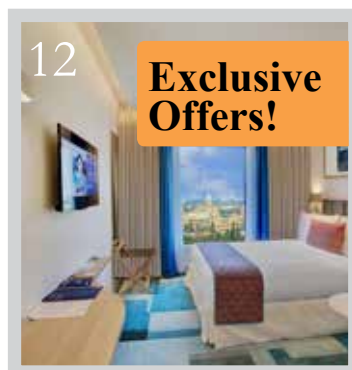
# Hello Summer





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# From The ED's Desk

Dear Member,

Greetings!

... For Plato once said "The beginning is the most important part of work". And so, we began this year on a distinctive yet a wonderful note! We celebrated the beginning with young children from SOS village with the gifts and love you had so fondly sent for them. Thank you so much!

We are delighted to have announced the launch of our two new exclusive venues in Sheraton Grand Bangalore. Alfresco by Bene, is an open-air casual Italian restaurant and Art Café is an exclusive art gallery that showcases affordable art amidst an outstanding 'bridge-side' view of our Brigade Gateway campus.

Our Sheraton Grand Bangalore continues to garner appreciation and awards, with the latest being the Times Food & Nightlife Awards 2018 for Bene as the Best Italian Restaurant in town.

It is most satisfying to see our Celebrations Catering & Events LLP also growing from strength to strength! Having started with managing a single cafeteria a few years back, it has grown to producing close to ten thousand meals each day. We are immensely grateful to our valued clients that include some leading international companies, for their continued patronage & encouragement.

We would like to also take this opportunity to congratulate Ms. Archana Kapoor Nagpal from Brigade Metropolis, on being crowned the second runner up in the recently held Mrs. India Karnataka 2018. She has done us proud and we wish her the best of luck in her next endeavour! It is most heartening to see our Members and their children shine bright in various fields.

In our endeavour to bring something new to our members, we are constantly ideating on how to keep our clubs lively and our Members engaged. We request all the members, their spouses and children, to update their contact details with their respective clubs so as to not miss out on any important information or updates that we want to regularly share with them.

As you may have already reckoned, this issue speaks about Summer – a time to, as Emerson says, 'Live in the sunshine. Swim in the sea. Drink in the wild air'. The magazine speaks of trends that cover the various facets of summer – from the palate to travel, helping you beat the summer heat and soak in the warmth. So, go on, and plan your summer right!

Warm Regards

**Vineet Verma, MRICS**

Executive Director & CEO - Brigade Hospitality



## In the Press!



Vineet Verma, Executive Director & CEO - Brigade Hospitality  
featured in Hospitality Biz



Nirupa Shankar, Director - Brigade Hospitality  
featured in Hospitality Biz

To read more log on to: [brigadehospitality.com/press-and-awards](http://brigadehospitality.com/press-and-awards)



## A Proud Moment!

Archana Kapoor Nagpal, a resident of Brigade Metropolis, was crowned Mrs India Karnataka 2018, second runner up, in March at the Grand Finale held at Royal Orchid Resort & Convention Centre. Her journey to the pageant started as a winner of the 'Selfiequeen Contest' conducted by Mrs India Karnataka. She has also been crowned Mrs India Karnataka 2018, Body Beautiful. It is indeed a proud moment for us as she would be representing the state at the national platform as well. Archana Nagpal has also contributed to the world of writing as an internationally recognised and awarded writer with books like '14 Pearls of Inspiration', 'The Road to a Positive Life' and 'A Haiku Per Day'.

Mrs. India Karnataka, a Pratibha Saunshimath initiative is a state level pageant, under the broader venture of Mrs. India, which not only celebrates the identity of the women of Karnataka, but also creates a niche for them to compete at national and international level.

Here's wishing all the winners of Mrs India Karnataka a great success at the national level.



### Stay Updated!

Request members to update the details of their spouses and children so they don't miss any important news or events!

Be a part of Brigade **Beat**

A shout out to photography enthusiasts, chefs, readers, writers , achievers or story tellers!

Send in your entries to **[brigadebeat@brigadehospitality.com](mailto:brigadebeat@brigadehospitality.com)** and get a chance to be featured in Brigade Beat!



# What's trending

## Summer Palate – FOOD TRENDS FOR 2018!

The last year we witnessed a wide range of food and drink trends - from brunch boom and buddha bowls to the avocado craze. It seems 2018 is going to be all the more adventurous with Peruvian food, edible flowers, turmeric and dehydrated foods.

### Neuro Nutrition

An idea gaining popularity along with the rise of healthy eating is that of Neuro Nutrition - a concept that has healthy eating at its core. A brain that is fed the right foods can go a long way in managing moods swings, handle stress, take on the physical and emotional ups and downs of a modern lifestyle and even help you sleep better.

### Going Back to Your Flavour Roots

'Eat what your grandmother ate' is something we heard many of the country's top nutritionists say in 2017. This year, many more will follow this trend. A certain appreciation for heritage millets and old-world recipes is making its way back into home kitchens.



### The Social Media Chefs

One of the best things social media has done for the F&B industry worldwide is to give a platform to chefs to reach out to their followers, talk about their kitchen escapades and make business related announcements directly to people who would be frequenting their outlets.



## Summer Mocktail!

### MANGO LEMON MARGARITA

A regular (mocktail) margarita typically features tequila and a punch of fresh lime and sometimes sugar syrup, served over ice in a salt-rimmed glass. Instead, you can keep the bright citrus flavour here, and add fresh mango puree along with bubbly water and a little bit of sugar syrup to sweeten it up. Instead of salt, sugar the rims of the glasses and serve these mocktails over ice with a spring of mint for garnish making it delicious, fun, and refreshing.

Prep time: 10 mins

Total time: 10 mins

Yield: 4 servings

#### Ingredients

- 6 tablespoons fresh mango puree
- 3 to 4 tablespoons sugar syrup
- 2 tablespoons fresh lemon juice
- 500 ml sparkling/soda water

#### For sugaring the rims of the glasses:

- 1 lemon wedge
- Coarse sugar

#### Other:

- Ice cubes
- Fresh sprigs of mint for garnish

#### Instructions

1. Whisk together the mango puree, sugar syrup, and lemon juice in a large pitcher. Briefly stir in the water, being careful not to over-stir and lose all the carbonation.
2. To sugar the rims of the glasses, rub a lemon wedge along the rim of each glass and then dip it into coarse sugar.
3. Put a few ice cubes in each glass, pour in the drink, and garnish each with a mint sprig.
4. Serve immediately.



# Hello Summer!

Longer days, clear blue skies, popsicles, sun-kissed cheeks and vacations – a herald to the beginning of one of the most anticipated season of the year - Summer! That, punctuated with occasional summer showers, makes this season an ideal time for some fun time with family and friends.

### Summer Essentials

Summer means fun, lots of sun and plenty of reasons to explore outdoor! Here are a few summer essentials to pack to ensure you are fully prepared to make the most of your summer break.

1. **Sunscreen** helps protect our skin from the sun's harmful ultraviolet rays. While choosing a sunscreen always look for Broad-spectrum protection and Sun Protection Factor or commonly known as SPF which should be 30 or higher and always consider water resistant sunscreen.
2. **Sunglasses** are to your eyes what sunscreen is to your skin. It not only protects your eyes from harmful UV rays; right pair of sunglasses can also add instant glamour and chic to any look.
3. **Staying well hydrated** helps to reduce heat illness and it is also very important to acclimate to hot environments. Keep an insulated water bottle handy at all times!
4. There is perhaps nothing more exotic in the summer season than the **seasonal fruits** it brings along with the heat. So despite falling victim to the excessive snacking, try the healthy approach with the King of fruits - mangoes along with apples, berries etc.







## Summer Fashion

### What's hot this summer?

We now live in an era of fashion which is all about borrowed styles and a time in which past trends make huge fashion comebacks. It's almost as if we've hit the saturation point when it comes to fashion and are waiting for a major breakthrough. Having said that, you've got to love the fact that it's so easy to be in style with so many trends that cannot go wrong.

The 80s have made a huge fashion comeback this year with their vintage checks. Also, vertical stripes are here to stay. Pastels seems to have never gone out of trend and after the bleak winter, it's time to bring out the bright bold colours as well from the bottom of your wardrobe! Both men and women can flaunt their style wearing either big, bold checks or subtle floral prints in colours ranging from soft pastels like mauve and lavender to bright and happy colours like brick red and sunflower yellow.

With the rising temperatures, your only choice is to bid farewell to your skinny jeans (the distressed denims can stay) and welcome linens and light cottons into your life. Girls, bring out your high-waisted linen pants and shorts and pair it with the basics when it's too hot to think about what to wear or just throw on a breezy cotton sundress paired with bright sliders or sneakers and accessories. Boys, look your best in linen shorts and maybe even a shorts suit in pastel shades for those summer brunches. Although not my favourite trend, the Cuban collar is an option this season. And for the less experimental, one can never go wrong with chinos or khaki shorts and printed t-shirts, a classic white t-shirt or checked linen shirt.

Always remember that the key to staying atop summer fashion is to beat the heat and stay comfortable. So pick up your shades and kick back with a cold beer to get through this summer as fashionably as you can.

**Courtesy - Suzaana George**  
**Fashion Stylist, Bangalore**  
**Instagram - @suzaana\_george**







## Summer for the Hodophiles!

Planning a summer vacation is a tedious and challenging task. From tropical islands and historical places to tea plantations, and lush valleys overlooking the mighty Himalayas, there is no dearth of options when it comes to planning the perfect offbeat summer getaway. Here is our pick of 5 best summer holiday destinations.

### Domestic

**Coorg (Kodagu):** Nestled amidst the verdant rolling valleys of the Western Ghats, Coorg is one of the most picturesque hill stations in Karnataka offering unrivalled plush holidays to tourists. Also known as the ‘Scotland of India’, summers in Coorg is mesmerizing as the lush greenery and cool weather makes an ideal destination for tourists.

**Places to visit:** Bylekuppe, Dubare Reserve Forest & Elephant Camp, Abbi Falls and Gaddige.



**Tawang, Arunachal Pradesh:** One of the least populated towns in Arunachal Pradesh, Tawang is one of the most sought after destinations in summer. This region is famous for the imposing 14th century Tawang Monastery which was built at the will of 5th Dalai Lama.

**Places to visit:** Tawang Monastery, Hot water springs, Pankang Teng Tso Lake, Sangeshar Lake, Sela Pass and Tawang Golden Namgyal Lhatse.

**Kashmir:** While shikara rides around the floating market and visits to magnificent Mughal Gardens are the most popular things to do in Srinagar; it is the gondola ride to Khilanmarg that is one of the top things to do in Gulmarg. From Betaabvalley to Aru Valley, Pahalgam is the most desired destinations for tourists and of course... Bollywood! Take a local train from Srinagar to Banihal and back, the valleys and hamlets are sure to sweep you off your feet!



### International

**Bali, Indonesia:** The backpacker’s paradise and honeymooner’s heaven, Bali is a perfect blend of mountains, volcanoes, temples, reefs, and beaches that making it a must visit destination in summer.

**Places To Visit:** Tanah Lot Temple, Uluwatu Temple, Ubud Monkey Forest, Mount Batur, Seminyak, and Gili swings.



**Santorini, Greece:** Located in the Aegean Sea, in the Cyclades islands, Santorini island was once the site of one of the largest volcanic eruptions in the world. Santorini, with its multi-colored cliffs that rise out of a sea drowned caldera, is famous for the romantic sunsets, the volcano (of course!), fascinating site of a Minoan city, and the dazzling panoramas.

**Places To Visit:** Caldera, Akrotiri Minoan Site, the village of Oia, the active volcano and the red beach.





# Celebrate with Us

## Summer Parties!

Summer is officially here! We thought we'd kick off the season by sharing some of our favorite summer party tips with you!

Everyone knows that hosting a summer party can mean unbearable heat, so make sure your guests are comfortable and having a good time by arranging the party under the trees or a pretty canopy. Nothing can beat the joy of getting into the pool to cool down in, if it's a pool party!

It's most important to keep things simple, but simple doesn't mean you have to sacrifice style. Plan a theme party to make things fun. Hawaiian, Goan, Cruise Liner, and Cricket are all great summer themes. **Drinks** play an important role at summer parties. When the weather is hot, there's nothing more refreshing than something cold, especially outdoors. Put out a wide selection of drinks covered with ice and you don't have to worry about it again. Have lighter drinks like Sangria, Shandy, chilled beers, refreshing cocktails like Mojito. Ensure you are the perfect host by providing a range of alcohol as well as plenty of juices and soft drinks for the kids and non-drinkers. Don't forget to have pitchers full of iced lemon tea, it's a must have summer drink! Another beautiful addition is Infused water with fruit and mint. Make sure you display it in a beautiful glass container.

**Food** - Our first foodie tip is pretty straightforward, but it has many applications: Do something unexpected with basic ingredients for a special twist! Please remember while planning the menu that people generally don't want fussy, rich, heavy food during summers. Carrot, cucumber and celery sticks with dip or salsa are a healthy and refreshing start; finger sandwiches, Dhoklas, Burgers, deviled eggs, cold soups, fresh crunchy salads, curd based preparations, light fragrant pulaos, and gravies are the best for main course. As for dessert, Aamras, Aamrakhand, Ice cream sandwiches, faloodas are all-time favorites. And of course serve lots of fresh seasonal fruits, mangos, slices of watermelon, Musk melon and pineapples

**Keep your guests comfortable** - If it is a particularly warm day, plan to keep fans going. Possibly look into some misters to place outside. If it is indoors, it may be worth it to crank the A/C on for a bit to ensure your guests are comfortable. If outdoors, ringing a few items such as cushions and throws, from the inside out can add a sense of elegance.

Last but not the least don't forget to bring in your dance moves for the best accompaniment to any party - Music!



**Charu Ramiah**  
DGM - Operations





## Events Brigade Hospitality



### Looking for an Adventure this summer?

Signature Club Resort has introduced a few adrenalin pumping and energizing activities such as paintball, archery, shooting, bubble soccer and many more. It's said that adventure sport activities are known to teach people self-reliance, teamwork and help leave their comfort zone. These elements can result in better health, improved self-esteem and increased confidence that translates into all aspects of one's life. All these inclusions make Signature Club Resort an ideal place to unwind and relax making it a perfect STAYCATION.

**Book your Staycation: Call +91 9972305352 or mail us at [info@signatureclubresort.com](mailto:info@signatureclubresort.com)**



### #BoardingDAS Tour at MLR Convention Centre

India's largest selling comedian Vir Das performed at MLR Convention Centre, Whitefield! He's been traveling all around the world performing his new show! The comedian performed in 33 countries in six continents and is now back home for the final leg of 'Boarding Das' tour. The show was a mix of issues - ranging from politics and media to religion and current affairs. He also spoke about different circumstances that he had gone through in his life. We've also been told that Vir Das's favourite venue in Bangalore to perform at is the MLR Convention Centre, Whitefield.

**To book the venue for a play or any event:**

**Call +91 9972305352 or drop an enquiry on [info@brigadehospitality.com](mailto:info@brigadehospitality.com)**

### Lohri Celebrations at Galaxy Club

Galaxy Club members were treated to a lovely Lohri celebration at the newly launched Galaxy Terrace. With a perfectly lit bonfire residents were welcomed with fun games, icebreakers, antakshari and more! Popular Punjabi numbers were played and had members grooving to the music. After all this fun and excitement, a sumptuous dinner was setup at Nebula Restaurant followed by karaoke night!

Host a function at our newly launched Galaxy Terrace!

**Contact Us at**

**+91 9972305352/ [info@brigadehospitality.com](mailto:info@brigadehospitality.com)**

### The Woodrose in Ninja Mode!

The Woodrose had an interactive session on self-defence. Participants were taught the basics of self-defence and were also briefed on what are the things that need to be done in case of emergencies. The trainer Manjunath KS is a brown belt holder in Karate. He is also a self-defence instructor and a yoga instructor.







## A Smarter Stay Begins at Holiday Inn Express & Suites Bengaluru Racecourse

Holiday Inn Express & Suites Bengaluru Racecourse invites a stay of comfort. The hotel is designed with smart frequent travellers in mind. With an amazing view of the Racecourse, complimentary breakfast, high speed internet access and a comfortable room that will leave you relaxed and recharged, we have all that you need.

With every stay you get a more rewarding experience with IHG Rewards Club. You are rewarded for every night you spend with us. From easy points earning to a great night's sleep, we ensure your every stay is its most rewarding. Be it for vacation or work, a warm welcome awaits you at Holiday Inn Express & Suites Bengaluru Racecourse.

### EXPECT MORE:

- 274 well-appointed rooms including 22 suites
- Complimentary Express Start breakfast
- Grab & Go facility
- Complimentary Wi-Fi access
- Roof top swimming pool overlooking the Race Course
- Fitness centre
- Flexible meeting spaces



## Egg-citing Easter Brunch at Grand Mercure Mysuru

With extensive live food stations coupled with conventional décor, Grand Mercure Mysuru celebrated this Easter with a lavish buffet brunch that brought together the authentic flavours defining the occasion. The celebration was an amalgam of an eclectic melange of Indian and International cuisines with an extensive array of food and beverage offerings. The sumptuous menu included roast leg of ham with Easter bread budding, Mangalorean fish curry, traditional Greek salad, fish fingers with tartar sauce, cheese cake filled Cho Easter egg, Easter pudding, Easter special cake and much more.



## When | Where | What



## Sheraton Grand Bangalore Hotel at Brigade Gateway Celebrates its 7th Anniversary!!

This May just got more overwhelming as Sheraton Grand Bangalore Hotel at Brigade Gateway completes 7 marvelous years of flawless services and excellence in guest experiences. The Hotel has achieved a new milestone with determined devotion in providing best in class experiences to their patrons and has successfully established the brand as a preferred Hotel for travelers as well as a preferred workplace for associates.

The year 2017 has been a memorable journey that saw launch of two new exclusive outlets **Alfresco by Bene**, an open air Italian restaurant and **Art Café**, an exclusive art gallery with great view and affordable, local art.

To commemorate the 7th year completion, Sheraton Grand Bangalore Hotel at Brigade Gateway welcomes you to an eventful week of offerings at all the venues.

Relish on the various specially curated delicacies in the menu throughout the first week of May across all F&B outlets at the Hotel. Relax & rejuvenate at the signature Shine Spa for Sheraton.

So join us at Sheraton Grand Bangalore Hotel at Brigade Gateway this week to celebrate and experience true hospitality.

## Exclusive Offers!





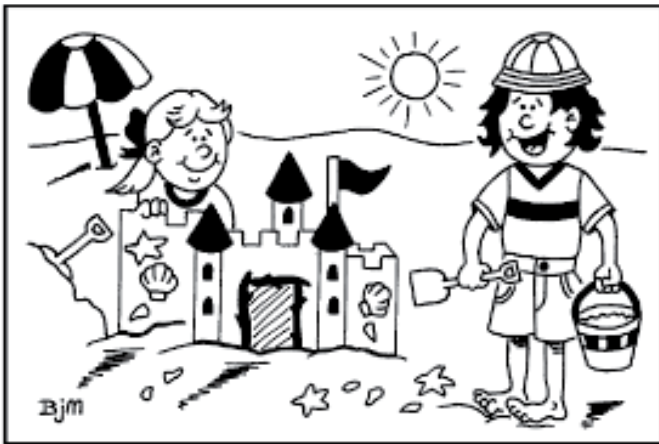
## Time Out

## Brain Teasers



1. What has a heart, but no other organs?
2. The more you take, the more you leave behind. What am I?
3. You can see me in water, but I never get wet. What am I?

## Spot the difference

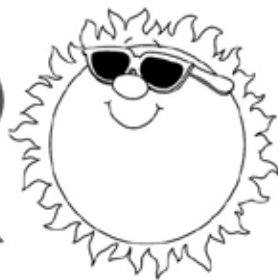


Answers on page 14

## Summer Puzzle

### Summer Word Search

How many of these words  
can YOU find?



W S U N S H I N E N Y U E L A  
M G A G W C S L A D N A S S M  
A N T A A I X F X A D L X T H  
E I K K T E L C I S P O P D N  
R M H L E H O L I D A Y S G B  
C M T A R Z G B V Q C P M T L  
M I M I M M O S Q U I T O S R  
T W R Q E U C I N C I P P G Y  
Z S A T L V A C A T I O N O M  
I U W T O B G Z O B J O Q M B  
L B F M N P O H F I P U F Z S  
H O T V W T Q Q G N I Y A L P  
L S U M M E R D E S C L A V I  
V A E C I R E W O L F N U S Z  
J U J O F D Y Y B E A C H W R

BEACH  
CREAM  
HOLIDAYS  
HOT  
ICE  
MOSQUITOS  
PICNIC  
PLAYING  
POPSICLE  
SANDALS  
SUMMER  
SUNFLOWER  
SUNSHINE  
SWIMMING  
VACATION  
WARMTH  
WATERMELON



- The first modern Olympic Games were held in the summer in 1896 in Athens, Greece.
- Watermelon is one of summer's best summer treats. Did you know that watermelons are not a fruit, but a vegetable instead? They belong to the cucumber family of vegetables.
- The Eiffel tower actually grows in the heat of the summer. Due to the iron expanding, the tower grows about 6 inches every summer
- Marc Antony named the month of July, in honor of Julius Caesar
- The word "season" is from the Old French season, which means "sowing/planting" or "seed time."



## Know your service provider



### Atish Baral

Assistant F&B Manager, Signature Club Resort

**1. How many years have you been with Brigade Group?**

I have been with Brigade Group for 2 years now.

**2. Where were you before joining Brigade Group?**

I was with Fortune Park JP Celestial.

**3. How has your time with Brigade been?**

I feel really fortunate to be associated with Brigade Group, this is where I got to grow professionally as well as personally.

**4. Tell us about your family**

I have a small and happy family of 6 members. My father who comes from a retail background, an elder sister, a younger brother, and my wife who are all from teaching and education sector; but I was determined to break the chain and decided to get into the hospitality sector because of my love towards food.

**5. What do you enjoy the most about your work?**

There are a lot of things I enjoy about my work but what I enjoy the most is to interact and to facilitate the guests that walk in to Signature Club Resort.

**6. What summer cocktail or mocktail do you suggest to beat the heat this summer?**

According to me the mango lemon margarita which is a combination of mango and lemon is the best way to beat the heat this summer in a healthy way.

**7. What is your favorite summer destination?**

Puri Sea beach in Odisha, since I did my diploma in hotel & tourism management there I love to be with my college friends and spend summer evening at the beach.

**Note:** Check out the recipe of Mango Lemon Margarita on Page 5!



### Akarsh AV

Operations Manager, Augusta Club  
akarsh@augustclub.in



Updates



### Privashish Prakash Parida

Operations Manager, Regent Club  
privashish@regentclub.in

## Answers to Time Out

### Spot the differences

- |  |                            |
|--|----------------------------|
| 1. Shovel handle removed                 | 7. Pail of water colored   |
| 2. Line on the right shell removed       | 8. Umbrella top colored    |
| 3. Seam in boys hat removed              | 9. Boy's button moved      |
| 4. Girl's chin missing                   | 10. Window in castle moved |
| 5. Girl's shovel changed                 | 11. Starfish moved         |
| 6. Portion of girl's hair ribbon removed | 12. Flagpole longer        |

### Brain Teasers

- Deck of cards
- Footsteps
- A reflection



# Club Coaching

## Regent Club

### Power Yoga

Mr. Mansuri | Contact Number: 90365 47306  
Monday to Friday (Morning Batch) - 8:30 a.m to 9:30 a.m  
Monday, Wednesday & Friday (Evening Batch)  
7:30 p.m to 8:30 p.m



### Swimming

Mr. Altaf | Contact Number: 97405 05263  
Saturday & Sunday (Weekend Classes)  
10:00 a.m to 11:00 a.m (Adults)  
11:00 a.m to 12:00 noon (Kids)



### Zumba Fitness

Mr. Royston | Contact Number: 98458 63813  
Tue, Thu & Fri (Morning Batch) - 7:20 a.m to 8:20 a.m  
Tuesday & Thursday - 7:00 p.m to 8:00 p.m  
Saturday - 5:00 p.m to 6:00 p.m



### Basketball

Mr. Chidanand | Contact Number: 98456 98204  
Tuesday & Thursday : 05:00 p.m to 06:30 p.m,  
06:30 p.m to 08:00 p.m  
Monday & Wednesday : 04:30 p.m to 06:00 p.m



### Tennis

Ms. Archana Venkatraman | Contact Number: 9945597413  
Monday & Wednesday: 6:30 p.m - 7:30 p.m

### Badminton

Mr. Raghav | Contact Number: 9845450909  
Mon, Wed & Friday: 5:00 - 6:00 p.m  
Mon - Friday: 6:00 - 7:00 p.m



### Public Speaking

Mr. Nilabha Nag | Contact Number: 8876941004  
Monday to Friday: 11:00 a.m - 12:30 p.m



### Cross Fitness

Mr. Prashant Arora | Contact Number: 9845081710  
Monday to Friday: 6:00 a.m - 7:00 a.m



## Augusta Club

### Swimming

Ms. Deblina Chatterjee | Contact Number: 9741141938  
Tue to Sat : 0900 Hrs. to 1100 Hrs. & 1600 Hrs. to 1700 Hrs.  
Mr. Mahesh | Contact Number: 9880292759  
Tue to Sat : 0700 Hrs. to 0900 Hrs. &  
1900 Hrs. to 2000 Hrs. (Ladies Batch)



### Theatre

Mr. Ravi Misra | Contact Number: 8971213900  
Mon to Fri : 1100 Hrs. to 1300 Hrs.



### Gymnastics

Mr. Ravi Misra | Contact Number: 8971213900  
Mon to Fri: 1600 Hrs. to 1900 Hrs.  
Sat to Sun: 0930 Hrs. to 1030 Hrs.

### Badminton

Mr. Vivek Naidu | Contact number: 9945049599  
Mon to Fri: 0530 Hrs. to 0630 Hrs.  
Sat to Sun: 1430 Hrs. to 1630 Hrs.



### Yoga

Ms. Kavitha Kirankumar | Contact Number: 76196 27641  
Mon to Fri: 0700 Hrs. to 0815 Hrs.  
Mon to Fri: 1900 Hrs. to 2000 Hrs.  
Ms. Uma  
Mon to Fri: 1000 Hrs. to 1115 Hrs.  
Sat to Sun: 0630 Hrs. to 0715 Hrs.



## Galaxy Club

### Badminton

Ms. Nayanatra | Contact Number: 9242897217  
Mon to Friday : 16.30 to 18.00



### Swimming

Mr. Vinay Basavraj | Contact Number: 9738651093  
Tue & Fri : 08:00 to 09:00



Ms. Kavitha | Contact Number: 9886785804  
Tue/Thu/Sat: 7:00 to 8:00 Tue & Thu: 16:00 to 19:00



### Akshar Power Yoga

Ms. Sushma | Contact Number: 9740615099  
Mon to Fri: 07:30 to 09:30 Mon, Wed & Fri: 6:30 TO 7:30

### Judo & Karate

Mr. Raju | Contact Number: 9900154231  
Mon & Tue : 18:30 to 19:30



### Drawing & Painting Class

Ms. Surabhi Gupta | Contact Number: 7718809817  
Mon & Fri : 16.30 to 18.30



### Bharatanatyam Classes

Ms. M P Bhargavi | Contact Number: 9008128398  
Tuesday & Friday: 17:30 to 18:30, 16:00 to 17:00



### Table Tennis

Mr. Gurumurthy | Contact Number: 9886311359, 7899210897  
Monday to Friday: 16.30 to 18.00



### Public Speaking Workshop

Ms. Shika Nag | Contact Number: 7337778691, 9980287897  
Tuesday: 17:00 to 18:30

### Bollywood Dance Class

Mr. Salman | Contact Number: 8867449686  
Wednesday & Thursday: 17.30 to 18.30, 18.30 to 19.30

### Zumba

Mr. Praveen | Contact Number: 7760452363  
Tue, Wed, Thu & Fri - 11:30 to 12:30



## Woodrose Club

### Swimming

Tuesday to Saturday: 6.00 am - 4.00 pm



### Badminton

Mr. Rahul  
Saturday : 12.00 pm - 1.30 pm  
Sunday : 3.00 pm - 4.30 am



Mr. Deepak  
Monday, Wednesday & Friday: 04.00 pm - 5.00 pm



## Hotels



## Clubs



## Catering and Event Management



[www.cateringandevents.in](http://www.cateringandevents.in)

## Convention Centers



[www.mlr.in](http://www.mlr.in)

**Brigade Hospitality Services Ltd.**

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