





# SENIORS

CELEBRATIONS SENIOR LIVING

















# **CONTENTS**

- 4 Club Activities
- 5 What's Trending?
- 6 Cover Story
- 8 Morning Weddings









- 12 Pan Asian Menu
- 13 When | Where | What
- 17 Time Out
- 18 Know your service provider

# From ED's Desk

Dear Member,

Greetings!

We are delighted to announce that following the footsteps of Brigade Enterprises Ltd. that has been among India's best places to work for the past nine years running, Brigade Hospitality Services Ltd this year has for the first time, also been certified by Great Place to Work Institute and ranked 15th amongst India's Great Mid-size Workplaces. Among the top 50 organisations, we were the only company from the Hospitality Industry. This prestigious recognition from Great Place to Work Institute is an acknowledgement of our culture in Brigade to always put our people first. Treating all employees with respect, care and concern is our top priority. This is a top down approach. As a hospitality company, how we treat our team members gets clearly passed on to our guests & members. It remains our endeavour to work on a high 'Happiness Quotient' among our Employees and our Members alike.

We take pride in the fact that employees choose to stay with us for several years. More than 20% of our team members have completed 10 years and above. We are a people centric company with human values that are always on display.

We are happy to also introduce OneBrigade, our Group's unique and proprietary Loyalty & Customer engagement program.

Registering on the OneBrigade App, available for download on Android and iOS platforms, entitles you to earn and burn points each time you transact within the Brigade ecosystem.

Points can be earned and redeemed when you purchase a property, book a banquet hall, dine and stay at our clubs or book our convention centres. You can also redeem the points at our Orion malls and Hotels. Exciting benefits from our partners in Fashion, Food & Beverage, Health & Wellness and more are also available through OneBrigade. We encourage you to go ahead and enjoy the benefits and privileges that OneBrigade has to offer.

It gives us pleasure to announce that our Sheraton Grand Hotel at Brigade Gateway won the Luxury Lifestyle Awards 2019 in the category of Luxury Hotel in India.

Our Holiday Inn Chennai was bestowed with the "Best Five Star Hotel' Award by Tamil Nadu Tourism Awards 2019.

We wish to compliment all winners of the various competitions held in our Clubs and thank all participants for having helped make these events a success. We would like to encourage more members to participate and showcase their talent.

We would also like to congratulate the winners and participants of Carrom and Air Hockey competitions held on 7th Floor, World Trade Centre.

Our association with World Vision India, to promote the cause of the Girl Child, is getting stronger with each passing month and we thank all our Members who have come forward to join us with their support to this noble cause. We look forward to your growing support in the days ahead.

Please do keep giving us your constructive feedback that helps us continually improve our services in keeping with your expectations. Warm regards,

# Vineet Verma

Executive Director & CEO - Brigade Hospitality

Awards & Recognitions





Certified by Great Place to Work Institute and ranked 15th amongst India's Great Mid-size Workplaces







# WHAT'S TRENDING

# MONSOON SPECIAL RECIPES

# Crispy Palak Pakora

# **Ingredients:**

- Palak leaves 25no
- Besan flour 150 gm
- Chilly powder ½ teaspoon
- Ajwain ½ teas spoon
- Turmeric powder ¼ tea spoon
- Salt 4 grm to taste
- Chat Masala sprinkle on top
- Oil for frying
- Water 100ml

# Method:

- 1. In a large bowl add the gram flour, turmeric powder, salt, chilly powder, ajwain and stir well. Add little water at a time to make thick batter.
- 2. Preheat oil in Kadai. Once heated up dip the Palak leaves into the batter and drop into oil gently and fry it in medium heat till the Pakoras getting crisp.
- 3. Once the Palak Pakoras golden and crispy remove from oil on absorbent paper.
- 4. Proceed the same way with the remaining leaves.
- 5. Sprinkle the chat masala on top of the Palak Pakoras and serve it with Mint chutney or tomato ketchup.



# **Turmeric Latte**

# **Ingredients:**

- Coconut Milk 1 can (450 ml)
- Almond Milk 1 cup (100 ml)
- Vanilla Extract 1 tsp
- Honey/Maple Syrup 1/2 tsp
- Almond/Cashew/Hazelnut Butter 1 tbsp
- Fresh Turmeric 2 cm, peeled or 3 tsp Turmeric Powder
- Black Pepper 1 pinch

# Method:

- 1. Add all the ingredients into a blender, blend until smooth & frothy.
- 2. Warm it up in a Tea Pan over a medium flame and pour it into a mug. Sprinkle cinnamon powder and serve.



# **Celebrations Senior Living**

Spreading Happiness

Celebrations LLP, is a wholly owned subsidiary of Brigade Hospitality and was set up with a specific focus of specialising in Institutional Catering and Senior Living Services. Over the past few years, Celebrations has been able to create a niche for itself in Institutional Catering, producing more than 15000 meals per day to an enviable list of clients. As a natural progression and in order to be an internal service support partner, Celebrations is now venturing into the domain of Senior Living services where it intends to provide a full range of services to our Senior Residents in our upcoming Parkside by Brigade projects.

# How to have an active life after retirement?

The years after retirement can be the most active years of your life, doing things that you had always planned to do but never had the time for because of work, bringing up children and other family responsibilities. By the time you retire and decide the next course of action, many of these responsibilities have been taken care of, leaving you with the freedom to do things that you had always wanted to.

Across India, retirees have taken up a variety of new things to do like athletics, art, writing, learning a new language or picking up a new instrument to play on. If you have the will and energy to invest in expanding your horizon – the sky is the limit.

# How to get active post retirement?

One of the best ways to do that is to spend your postretirement years in a beautiful community of like-minded people, with thoughtfully designed conveniences on hand and daily chores taken care of. It takes your mind off routine work like cleaning or cooking and makes sure that you have enough free time on hand to put to good and productive use. If you are part of a community of active seniors who have worked hard all their lives and are now looking forward to spending their silver years living their long-cherished dreams, you are already on the road to being enthusiastic and socially engaged.

Well thought out senior living communities offer activities that ensure days spent in being creative, social and energetic. At the upcoming senior living setup Parkside by Brigade, a wide array of activities has been planned under 'Silver Smiles' to make sure that residents have an assortment of things to engage with. Fun activities round the year include group outings, discourses and lectures on subjects that expand the mind and widen the horizon.

# Making the most of your special time

Spending your time fruitfully: Hobbies are a great way to stay occupied, improve your cognitive abilities by learning a new skill and sharing them with others. You can learn



a new hobby or simply pick up the threads of an old one. Hobby clubs, where you can find similar enthusiasts are a great addition in most retirement communities. There's no better bond than the ones shared over similar likes and hobby clubs can help you find those connections with ease. In fact, there have been retirees who have had successful second innings by learning a new hobby or engaging themselves with an old one and even starting a new business based on it. It's a win-win situation for sure. Not only do you keep your mind creative and working, you now have the pleasure of having "work" that is done in your own time and for your own passion!

Social activities: Loneliness has often been one of the biggest fallouts of urban living. It can lead to mental health issues, leading to multitude problems – both physical and emotional. Engaging in fun outings and interests with a bunch of peers ensures you stay not just occupied, but happily so. Having a group of friends isn't enough, what also keeps the connections going are shared activities, like games and music sessions that break the ice and invite laughter. What could be better than spending your evenings playing indoor games like Housie, Tambola or simply having a fun session singing old songs?

Skill building: Learning something new keeps your mind sharp. And there's a world of things out there to acquaint yourself with if you have the inclination. For example, you have the technology but would love to know how to use it right. While there are enough places where senior citizens can brush up their tech chops, travelling a distance to learn something doesn't always work for all. A senior living set up like Parkside by Brigade offers you the convenience of learning right at your doorstep. Knowledge workshops under the 'Silver Smiles' program include familiarization of WhatsApp, Browsing the Internet the right way, making Online payments, etc. with coordinators assigned for each activity, you can be sure that you are in good hands.

Physical activities also go a great way in keeping seniors in top shape and keeping ailments at bay. Keeping this is mind offerings like 'Silver Craft' would coach senior citizens in physical activities like Yoga, Swimming or Dancing, among other things. Again, you could join these classes anywhere but doing it within your own senior living community would be having the added advantage of the classes being specially modulated for older age groups. The level of attention and focus given to each participant would also be different from doing a regular class.

Would learning something new work out expensive? At Parkside, it comes as part of the package though there would be incidental costs based on actuals for some of the activities. But that's a small price to pay for a life of engaged, active, joyful living.

### THE PRODUCT OFFERING

We have opened sizeable inventories in each of the 3 Parkside properties for all home buyers, irrespective of age. These set of blocks have been named as PRIME.

However, the character of Independent Living for Seniors has been kept intact in CLASSIC. The homes in these blocks will continue to be built with senior friendly features and the residents will enjoy all the Silver Services at special rates.

### THE CONCEPT - Hum Saath Saath Hain

Give in to solitude or enjoy togetherness. Experience the best of both worlds!

A special life awaits at the new and upgraded Parkside by Brigade. A unique gated community where kids can spend quality time with their grandparents, listening to their stories from yesteryears and where grandparents can forget about age and just be kids.





# How could these activities help you?

Research has consistently shown that social activities not only help people stay independent, it also works the brain cells. An active life may help to keep progressive disorders like Dementia at bay. Under 'Silver Smiles', activities would be planned to keep in mind knowledge improvement, skill development and would be done through travel, bonding and building up great friendships. The idea behind such activities is to celebrate the second innings of life for all seniors. With their duties and obligations discharged, this is the time for them to expand their mind, skills and life goals.

Thoughtfully crafted, keeping in mind the specific needs of varying ages, this community has one set of blocks named CLASSIC, dedicated solely for the seniors, with a range of special services and features. While the other set of blocks named PRIME, caters to the lifestyle choices of today's cosmopolitan families.

So, the seniors (forever young) shall continue to witness Zindagi Ab Milee Dobara in CLASSIC and will also share the spirit of Hum Saath Saath Hain with residents of all age groups living in PRIME blocks.



**Charu Ramiah** DGM – Operations

# Memorable Morning Weddings at The Woodrose

Agreed evening weddings are more laid-back and livelier but there's nothing to beat the freshness of a morning wedding celebration. It's perfect for couples who have smaller gatherings and prefer casual vibes. A typical morning wedding at The Woodrose is scheduled between 11 am to 2 pm with various ceremonies planned in-between. Apart from beautiful Bangalore weather that's apt to host brunch weddings - we have a perfect resort-like ambience - a blend of luscious green lawns and contemporary design. Not all guests love morning functions, so to make them comfortable and at ease, we set up a coffee/tea cart with some irresistible goodies and treats.





Though our guests are free to customise their wedding menu, our creative menu planners typically suggest and design brunch style cocktails and finger foods as starters. For the main menu, we have popular choices available for our guests - right from light buffets to hearty meals and fun items too. We lend a personal touch to every minute detail such as serving meals on banana leaves under the shade of mango trees, lined up in open lawns. Our team of professional wedding planners at The Woodrose make sure we create lasting memories of your special day.





For enquiries, please contact +91 9686577163 or mail us at enquiry@woodroseclub.com





# Celebrations LLP Soaring High!

At Celebrations LLP, we take utmost pride in offering our bespoke catering services and delivering meals to esteemed organizations like Microsoft. So it all began in 2013 with catering for breakfasts, luncheons and evening snacks at Microsoft's Lavelle Road office. But with Microsoft's expansion and setting up of its new office at Bellandur where they have consolidated the offices from different locations, we got the catering contract to serve their 3,600 employees.



**Gurmeet Singh** GM, Operations Brigade Hospitality

To book or inquire about catering service for corporate meals or events, please contact us.

Phone: 9900088419

Mail: info@cateringevents.in





To give a clearer idea of the scale of our operations, we have taken the responsibility to manage their (Microsoft's) hubs on all the 9 floors and entire cafeteria which is a food court serving international cuisines ranging across South Indian, North Indian, Tandoor, Biryanis, Plated Meals, Jain food, Continental, Pizzas, and Chinese meals during lunch & dinner through individual service counters.



This is a 24x7 operation especially, with Microsoft opening its breakfast counters early at 3.00 am to 10.00 am. This is followed by lunch at 12 noon, evening snacks at 4 pm, dinner at 8 pm and midnight snacks at 12 am. Besides, an exciting array of salad, juice & sandwich counters are also functional throughout the day. And, the coffee shop in the lobby area offers a variety of coffee, tea and delectable assortment of baked goodies which go off the shelf in no time.

We thank Microsoft for their patronage and also all our esteemed clients like Amazon, ABB, Coke, HUL, Society Generale and City Corp.



The Journey so far

Exceptional location, lush green ambience, exhilarating activities, flawless corporate & social functions, all this makes Signature Club Resort unlike any other in Bangalore! Located at just a 45 minutes drive from Bangalore city and 20 minutes drive from the International Airport, the resort offers the perfect location for corporate retreats, day outings and social gatherings.



Owing to its proximity to one of Bangalore's favourite tourist attractions - Nandi Hills (30 minutes drive), Signature Club Resort is a convenient location for tourists and transit travellers alike.

Be it about reconnecting with your friends or family over weekends, hosting a MICE event for corporates from the city or choosing a venue for a memorable wedding party-exceptional hospitality at Signature Club Resort ensures your stay is unique and you go back with a memorable experience.



Those looking for a short duration stay in Bangalore or hosting large corporate bookings, Signature Club Resort's luxurious Service Villas are an exceptional choice. The Service Villas, located in close vicinity to the resort, include both 3BHK and 4BHK accommodations and are fully furnished with premium amenities. The dedicated staff and impeccable service allow guests to have an unforgettable experience while achieving their business goals without any hassle.



Over the course of its journey, the Signature Club Resort has won a couple of awards and recognitions including the 'Customer Choice Award' from the Make My Trip in the 'Upscale hotel and Resort segment'. Besides, the resort has also received a Certificate of Excellence from TripAdvisor for consistently great reviews.







For inquiries about plush Service Villas or any further details, contact us.

Email: info@signatureclubresort.com Call: +91 9972305352 / 9008042213





The ONE BRIGADE APP is our way of bringing you many more positive experiences, where you can earn and redeem privilege points as part of our loyalty program.



- Become a member
- Purchase a Brigade residential property
- Book a banquet at our clubs or convention centres



- Purchase a Brigade residential property · Book a banquet at our clubs
- or convention centers
- Shop at Orion Malls
- Dine at any of our Hotels

Also avail exclusive discounts from



RESTAURANTS



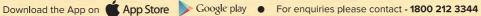
FASHION BRANDS







Come, explore the 'World of Brigade' via the ONE BRIGADE APP experience!





















Partner brands where you can redeem points























# Soups

Lemon Coriander Soup Sweet Corn Soup Hot & Sour Vegetable Soup

# **Appetizers**

Chinese / Thai

Crispy Vegetable in Salt & Pepper Sauce Veg Dumpling in Chilli Garlic Sauce Vegetable Spring Roll Wonton basket Manchurian / Chilli Sauce / Schezuan Gobi / Baby corn / Paneer / Mushroom Five Spiced Fish Chicken Lollipop Lemon & Celery Stir Fried Chicken Manchurian / Chilli Sauce / Schezuan Fish / Chicken

## Grilled

Cottage Cheese Satay Korean Style Chicken BBQ

### Salad

Thai Green Papaya Salad Bang Bang Chicken Salad

### **Main Course**

Treasure Vegetable in Chilli Coriander Sauce Paneer in Sambal Olek Sauce Stir Fried Vegetable in Soy Garlic Sauce Chicken in Black Bean Sauce / Black Pepper Sauce Clay Pot Chicken Stew Chilli Basil Fish

### **Curries**

Thai Green Curry
Thai Red Curry
Vietnamese Yellow Curry

### **Rice & Noodles**

Thai Spicy Basil Rice Fried Rice Vietnamese Fried Rice Stir Fried Noodles Five Spiced Noodles Singapore Noodles

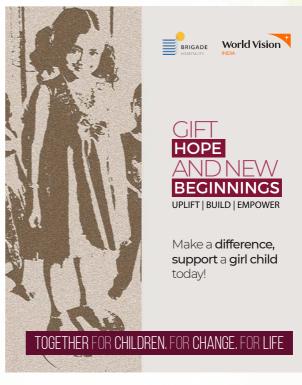
# Dessert

Honey - Glazed Wonton Crisps

# Giving Back to Society



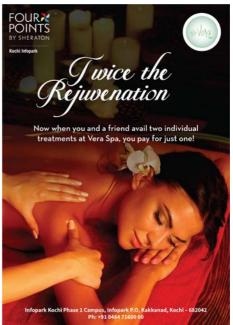
- Contributed nearly Rs. 50,000 to World Vision India since Jan '19
- Distributed personal hygiene kits to 25 children and planned distribution of school bags for 90 children
- Visited Anganwadi, played games and served them with snacks



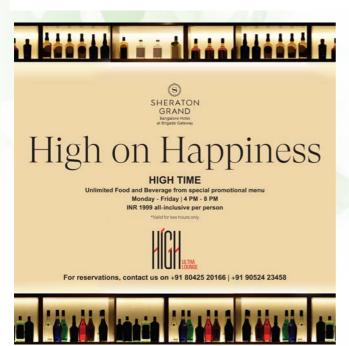
# WHEN | WHERE | WHAT

















Nirupa Shankar, Executive Director of Brigade Enterprises is a second generation entrepreneur and has played a monumental role in the development of Hospitality business at Brigade. She has been instrumental in setting up Brigade REAP and co-working spaces called BUZZWORKS.

In this talk, she shares her life experiences of being a second generation entrepreneur and the struggles that came along. Her journey answers some of the most asked questions and inspires everyone to find the "purpose" of their lives.

Archana Kapoor Nagpal who was featured last year in Brigade Beat after her being crowned as 'Mrs India Karnataka Runner Up 2018', 'Mrs India Karnataka Body Beautiful 2018' represented the state of Karnataka as one of the Mrs India Finalist (s) out of 72 contestants. This year she took a step forward as a 'TEDx Speaker' with her motivational talk to inspire more than a hundred children at Youth @ DPS Bangalore East to talk about her journey as a writer, artist and fashion evangelist. Listed among TEDx Speakers is another feather to her cap that brings pride to the entire Brigade Community.



TEDx Speaker at DPS Bangalore East

She continues her writing career and has completed two books, one on micro poetry since January 2019 - 'The Mayfly and Her Poems' and 'Sera and Her White Dress' which have received good reviews in the span of few months. She has received the honour to present a signed copy of her book 'The Mayfly and Her Poems' to Major General Gagandeep Bakshi as well.



Major General Gagandeep Bakshi receiving a signed copy of her book 'The Mayfly and her Poems'

# Iti Rawat - Brigade Metropolis

- 1. Awarded 'TOP 5 startups in Diversity by DivHersity awards', Thinkhall Training and Consultancy (Founder, Iti Rawat).
- 2. Awarded "Social leader of the Year" by Indian business women summit and awards in Mumbai.





# Brigade Hospitality Employees - Long Service Awardees (April-June, 2019)



Jagadeesh P M Asst. General Manager- Facility Corporate Office



Bijay Kumar Panigrahi CDP (conti), Galaxy Club





Gurunath K Executive -Stores & Purchase, BTP



Himanshu Mallick Sr. Sous Chef, Augusta Club







DCDP (South Indian), Galaxy Club



Narasimha M Admin Executive, CLLP- FERNS



Naresh Behera Executive Sous Chef, Regent Club



Racha Shetty Sr. Technician, CLLP- WTC



Raghavedra M Sr. Captain, Galaxy Club



Store Incharge, CLLP- WTC



Velmurugan Sr. CDP (conti), Galaxy Club



Vinaya A M Captain, Galaxy Club



Brigade Hospitality Sports Meet @ Brigade Orchards













9th June, 2019













# SIGNATURE



























# TIME OUT

# Sudoku

	3	8			2	))	4	1
	5	2		3		6		7
		6			9			
				9	4	8		6
		9	2		5	4		
7		1	3	6				
			4			9		
6		4		5		7	8	
6 5	8		9			1	3	

Source: https://1sudoku.com/print/print-sudoku-free/

# Where do words go?

Find the Homograph (a word that has more than one meaning but is always spelled the same word) which connects both the words.

1.	LOCK	_	PIANO
2.	SHIP	_	CARD
3.	TREE	_	CAR
4.	SCHOOL	_	EYE
5.	PILLOW	_	COURT
6.	RIVER	_	MONEY
7.	BED	_	PAPER
8.	ARMY	_	WATER
9.	TENNIS	$\neg \land$	NOISE
10.	EGYPTIAN	_	MOTHER

**SMOKER** 

Source: https://sharpbrains.com/blog/2014/06/20/brain-teaser-to-exercise-your-cognitive-skills-where-do-words-go/

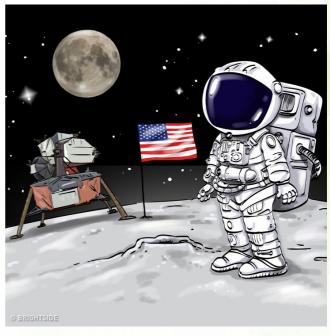
**PLUMBER** 

# Find Oscar:



Source-https://brightside.me/wonder-quizzes/8-brainteasers-that-will-blow-your-mind-377410/

# Can you guess what's wrong with this picture?



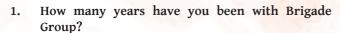
Source: https://brightside.me/wonder-quizzes/can-you-find-whats-wrong-with-these-10-pictures-498860/



# KNOW YOUR SERVICE PROVIDER



Asst. Manager, Membership / FO, Galaxy Club



I have been with Brigade Group for over 7 years now.

2. What three words would you use to describe your Ideal Work Environment at Brigade?

Personally, I believe Brigade offers a great work environment that's safe and friendly, especially to its women employees. The company emphasises on gender diversity, most importantly the management is encouraging and provides a positive work culture. This kind of work environment not only helps the employees to feel validated, secure and satisfied but it also helps them grow.

What does a typical day look like for you and what are you currently working on?

Being a customer service executive, my work profile requires me to make a number of interactions on a daily basis. And every single day at work is different, comes with its own set of challenges and learnings. There could be times a problem may get resolved in the blink of an eye, or sometimes, it may even take a few hours - depending on the nature of the problem, product and service category. However, service interactions are usually about addressing customers' concerns or queries. At the end of the day, it's about making sure that the customers' problems get resolved.



Ours is a nuclear family of four members - my husband, son, daughter and myself.

What do you enjoy the most about your work?

We have the freedom to express our thoughts about any issue related to work which gives us a sense of job security.

My work, in particular is not monotonous. As every day I get to interact with new walk-in guests and Club members - grabbing compliments for our good work or listening and resolving their problems. It gives me an opportunity to communicate and connect with people from all walks of life which is therapeutic for

6. If you could choose anyone, who would you pick as your mentor?

I can't thank Mr. M. Jayashankar (Sr. Manager) enough for all his guidance and support. I would give him due credit in creating a supportive, positive and encouraging work environment.

What advice would you give to new entrants?

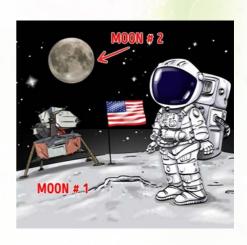
It's a great place to work so consider yourself lucky if you ever get an opportunity to work with Brigade.

# **Answers to Time Out**

3	8	6	7	2	5	4	1
5	2	8	3	1	6	9	7
7	6	5	4	9	3	2	8
2	5	7	9	4	8	1	6
6	9	2	1	5	4	7	3
4	1	3	6	8	2	5	9
1	3	4	8	7	9	6	5
9	4	1	5	3	7	8	2
8	7	9	2	6	1	3	4
	5 7 2 6 4 1 9	5 2 7 6 2 5 6 9 4 1 1 3 9 4	5 2 8 7 6 5 2 5 7 6 9 2 4 1 3 1 3 4 9 4 1	5 2 8 3 7 6 5 4 2 5 7 9 6 9 2 1 4 1 3 6 1 3 4 8 9 4 1 5	5 2 8 3 1 7 6 5 4 9 2 5 7 9 4 6 9 2 1 5 4 1 3 6 8 1 3 4 8 7 9 4 1 5 3	5       2       8       3       1       6         7       6       5       4       9       3         2       5       7       9       4       8         6       9       2       1       5       4         4       1       3       6       8       2         1       3       4       8       7       9         9       4       1       5       3       7	5     2     8     3     1     6     9       7     6     5     4     9     3     2       2     5     7     9     4     8     1       6     9     2     1     5     4     7       4     1     3     6     8     2     5       1     3     4     8     7     9     6       9     4     1     5     3     7     8

- 1. KEY
- 2. Deck
- 3. Trunk
- 4. Pupil (Exam and Private are also possible)
- 5. Case
- 6. Bank (Flow is also possible)
- 7. Sheet
- 8. Tank
- 9. Racket
- 10. Mummy
- 11. Pipe

The Oscar figurine is close to the bottom right corner of the picture.



# **CLUB COACHING**

# Regent Club

# Power Yoga

Mr. Mansuri | Contact Number: 90365 47306 Monday, Wednesday & Friday: 8.30am - 9.30am



### **Zumba Class**

Mr. Rayston | Contact Number: 9845863813 Tuesday & Thursday - 7:30 p.m to 8:30 p.m Saturday - 5:30 p.m to 6:30 p.m



## Basketball

Mr. Chidanand | Contact Number: 98456 98204 Tuesday & Thursday : 4:45pm - 6:15pm (1st Batch)

6:30pm to - 8:00pm (2nd Batch)

### **Tennis**

Ms. Archana | Contact Number: 99455 97413 Monday & Wednesday : 19:00 - 19:45 (1st Batch) 19:45 - 20:30 (2nd Batch)

### **Badminton**

Mr. Raghav | Contact Number: 98454 50909 Mon to Friday



# Augusta Club

### Yoga

Mrs. Umashankari V | Contact Number: 96325 55718 Mon to Thu: 10.00am - 10.45am, Sat & Sun: 06.30am - 07.30am

Mrs. Divya R | Contact Number: 98802 17427 Mon to Fri: 11am to 12noon



Mrs. Kavitha | Contact Number: 76196 27641 Mon to Fri: 7pm to 8pm



### **Badminton**

Mr. Amith HS | Contact number: 85533 32518 Tue to Fri: 5.30am to 6.30am; Sat & Sun: 2.00pm to 4.30pm

### **Red Shoes Dance Classes**

Tue & Thu: 5.00pm to 8.00pm



# **Gym Fitness Class**

Mr. Mohammed Shariff | Contact number: 99863 04547

**Gymnastics, Dance, Kungfumatics and Theatre** Mr. Ravi Misra | Contact Number: 8971213900



## **Swimming Coaching**

Mr. Jayasimha | Contact Number: 9980187296



# **Galaxy Club**

# Badminton

Mr. Abhijeet Naimpally | Contact Number: 92428 97217 Mon to Friday: 16:00 to 18:30

### **Swimming**

Mr. Vinay Basavraj | Contact Number: 97386 51093 Tue & Fri: 08.00 to 09.00

Ms.Kavitha | Contact Number: 98867 85804 Tue & Thu: 15.30 to 17.30, Sat & Sun: 08:00 to 10:00

## **Yoga Classes**

Mr. Vishnu | Contact Number: 78753 25047 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



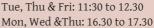
# **Drawing & Painting Class**

Ms. Surabhi Gupta | Contact Number: 77188 09817 Mon & Fri: 17.30 to 18.30



# Zumba Classes

Mr. Salman | Contact No.: 85532 42886, 88674 49686

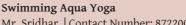




Ms. Ridhi | Contact Number: 73377 04518/98459 86569 Tue & Fri: 19.30 to 20.30

## **Table Tennis**

Mr. Nagarjun | Contact Number: 72041 52114, 90081 74922 Mon, Wed & Fri: 17.00 to 18.00, 18.00 to 19.00



Mr. Sridhar | Contact Number: 8722009883 Tue to Fri: 06.00 to 07.00, 7.00 to 8.00



# **Bollywood Dance Class**

Mr. Salman | Contact Number: 85532 42886, 88674 49686 Wed & Thu: 17.30 to 18.30, 18.30 to 19.30



# Hotels





Kochi Infopark



BENGALURU | MYSURU





Racecourse, Bengaluru

# Lifestyle Clubs





www.signatureclubresort.com

www.galaxyclub.in





www.regentclub.in

www.brigadehospitality.com



www.woodroseclub.com

# **Convention Centres**



J P Nagar I Whitefield

www.mlr.in



www.celebrationsllp.com

# Brigade Hospitality Services Ltd.

29th Floor, World Trade Center, Brigade Gateway Campus, 26/1, Dr. Rajkumar Road, Malleswaram, Bangalore - 560 055 Ph: +91 80 4043 8000 E-mail: info@brigadehospitality.com