

## Unwind



### 02 Exercise in open air

Since working out indoors and in gyms is still not a viable option for many, Physique 57 India has just introduced outdoor classes. Physique 57 combines strength training and conditioning techniques with scientifically-backed choreography for quicker and better results. Sign up here: <https://physique57india.com/affiliates-corporates/physique-57-india-outdoor-class-sign-up/>

**Where:** Cooperage Ground, Churchgate;

**When:** Tuesdays at 6 pm, Saturdays at 8 am