



GREEN FIELDS NURSERY SCHOOL
B1/12, SAFDARJUNG ENCLAVE,
NEW DELHI 110029



(7.12.20 – 11.12.20)

FIT INDIA MOVEMENT

CLASS DAY	PREP A	PREP B	PREP C	PREP D	PREP E
MONDAY	Memory games, Brain teaser , Indoor Games	Zumba, Hip Hop, Aerobics	Surya namaskar, Yoga , Pranayam , Meditation	Memory games, Brain teaser , Indoor Games	Memory games, Brain teaser , Indoor Games
TUESDAY	Surya namaskar, Yoga , Pranayam , Meditation	Surya namaskar, Yoga , Pranayam , Meditation	Fitness Beats	Poster Making & Slogan Writing (- Fit hai to Hit hai)	Zumba, Hip Hop, Aerobics
WEDNESDAY	Zumba, Hip Hop, Aerobics	Memory games, Brain teaser , Indoor Games	Memory games, Brain teaser , Indoor Games	Fitness Beats	Fitness Beats
THURSDAY	Fitness Beats	Poster Making & Slogan Writing (- Fit hai to Hit hai)	Poster Making & Slogan Writing (- Fit hai to Hit hai)	Surya namaskar, Yoga , Pranayam , Meditation	Poster Making & Slogan Writing (Fit hai to Hit hai)
FRIDAY	Poster Making & Slogan Writing (- Fit hai to Hit hai)	Fitness Beats	Zumba, Hip Hop, Aerobics	Zumba, Hip Hop, Aerobics	Surya namaskar, Yoga , Pranayam , Meditation