

SI No Office	Room Names/Location	Benefit	Extension	Generic Id / DI	Timings	Days
Physio Noida 132	Physio Room Ground Floor	Physiotherapist on Campus	36105	ergo132@adobe.com	9:00am to 6:00pm	Monday to Friday
Physio Noida 25A	Physio Room Ground Floor		35736	ergo25a@adobe.com	10:00am to 7:00pm	Monday to Friday
Physio Bangalore PTP	Physio Room Ground Floor		38641	ergoptp@adobe.com	9:00am to 6:00pm	Tuesday, Wednesday and Friday
Physio Bangalore Trinity	Physio Room 6th Floor		31891	ergotrinity@adobe.com	10:00am to 7:00pm	Monday and Thursday
Noida 132 Doctor General Physician	Medical Room Ground Floor 132	Doctor/Specialist on Campus	13143	doctorn1@adobe.com	2:00pm to 4:00pm	Monday and Thursday-GP
Noida 132 Specialist(Gynae)					2:00pm to 4:00pm	Tuesday - Gynae
Noida 132 Specialist(ENT)					2:00pm to 4:00pm	Wednesday - ENT
Noida 25 A Doctor General Physician	Medical Room Ground Floor 25A		35736	doctorn2@adobe.com	4:00pm to 6:00pm	Monday and Thursday-GP
Noida 25 A Doctor Specialist(ENT)					4:00pm to 6:00pm	Tuesday-ENT
Noida 25 A Doctor Specialist(Gynae)					4:00pm to 6:00pm	Wednesday-Gynae
Bangalore PTP General Physician	Medical Room Ground Floor		39586	doctorb1@adobe.com	11:30am to 12:30pm	Tuesday and Friday
Bangalore PTP Specialist ENT					4:00pm to 5:00pm	Thursday
Bangalore Trinity General Physician	Medical Room 6th Floor Floor		33845	doctorb2@adobe.com	3:00pm to 4:00pm	Wednesday -GP
Bangalore Trinity Specialist ENT					3:00pm to 4:00pm	Thursday-ENT
Yoga Noida 132 Morning	Audi	Yoga/Zumba On Campus		yoga-Noida132@adobe.com	8:30am to 9:30am	Monday , Tuesday , Thursday
Zumba Noida 132 Morning						Wednesday & Friday
Yoga Noida 132 Evening					5:00 pm to 6:00pm	Monday , Tuesday , Thursday
Zumba Noida 132 Evening						Wednesday & Friday
Yoga Noida 25A	Almora		N/A	grp-yoganoida25A@adobe.com	6:00pm to 7:00pm	Monday , Tuesday , Thursday
Zumba Noida 25A						Wednesday & Friday
Yoga Bangalore PTP	Cafeteria/Terrace		yoga-bangalore@adobe.com	4:30pm to 5:30pm	Monday , Tuesday , Thursday	
Zumba Bangalore PTP					Wednesday & Friday	
Yoga Bangalore Trinity	Firozpur Room		grp-yogabangalorettrinity@adobe.com	5:00pm to 6:00pm	Monday , Tuesday , Thursday	
Yoga Bangalore Trinity					Wednesday & Friday	
Nutritionist 25A	N/A	Nutritionist on Campus	32855	nutrinoi@adobe.com	12:00pm to 5:00pm	Thursday and Friday
Nutritionist 132	N/A		32429	nutrinoi@adobe.com	12:00pm to 5:00pm	Monday to Wednesday
Nutritionist PTP	TBD		TBD	TBD	TBD	TBD
Nutritionist PTC	TBD		TBD	TBD	TBD	TBD