

GROUP PILATES REFORMER CLASSES (AIRPORT)

SCHEDULE 7:30 AM 10:30 AM 10:45AM 11:45 AM 1 PM 5 PM 6 PM

MON		FUSION PILATES MARK					
TUE	INTER- MEDIATE JANAN			INTER- MEDIATE JANAN			BEGINNER JANAN
WED	INTER- MEDIATE TRISHNA	RESTORE TRISHNA					
THU	INTER- MEDIATE JANAN		INTER- MEDIATE TRISHNA	INTER- MEDIATE JANAN			BEGINNER TRISHNA
FRI							
SAT							

PILATES REFORMER These classes emphasize control to connect to your body through focused breathing techniques. Reformer classes utilize a piece of equipment or “an apparatus” called a Reformer, a sliding platform with springs and pulleys that provide resistance during a workout.

BEGINNER REFORMER CLASS An open reformer class with a repertoire tailored to beginners, including essential breathing and abdominal strengthening exercises.

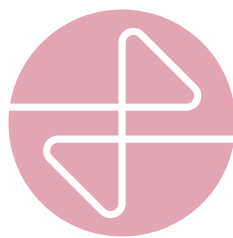
ADVANCED REFORMER PILATES CLASSES Clients with extensive Pilates Reformer experience will be challenged with more intense, core strengthening and breathing exercises.

INTERMEDIATE REFORMER CLASS Building on the Beginner’s class, the Intermediate group repertoire comprises more challenging balance, speed and coordination exercises.

PRICE PER SESSION 183 GHC/pers.

Cancellation Policy Kindly note that due to high demand and the individual effort put in by instructors to ensure maximized results, all booked sessions have to be confirmed or cancelled 24 hours in advance. In the event of a cancellation, the client has the choice to reschedule in the next 48 hours, or be charged the full amount of the mat session. **Exchange rates updated daily | Session duration 55 minutes**

07/07/2021



GROUP PILATES REFORMER CLASSES (CANTONMENTS)

SCHEDULE 7:30 AM 8:30 AM 10:30 AM 11:30AM 1PM 5 PM 6 PM

MON

**INTER-
MEDIATE**
TRISHNA

TUE

WED

BEGINNER
JANAN

**INTER-
MEDIATE**
JANAN

THU

FRI

RESTORE
TRISHNA

ADVANCED
TRISHNA

SAT

ADVANCED
TRISHNA

PILATES REFORMER These classes emphasize control to connect to your body through focused breathing techniques. Reformer classes utilize a piece of equipment or “an apparatus” called a Reformer, a sliding platform with springs and pulleys that provide resistance during a workout.

BEGINNER REFORMER CLASS An open reformer class with a repertoire tailored to beginners, including essential breathing and abdominal strengthening exercises

ADVANCED REFORMER PILATES CLASSES Clients with extensive Pilates Reformer experience will be challenged with more intense, core strengthening and breathing exercises

INTERMEDIATE REFORMER CLASS Building on the Beginner’s class, the Intermediate group repertoire comprises more challenging balance, speed and coordination exercises.

PRICE PER SESSION 183 GHC/pers.

Cancellation Policy Kindly note that due to high demand and the individual effort put in by instructors to ensure maximized results, all booked sessions have to be confirmed or cancelled 24 hours in advance. In the event of a cancellation, the client has the choice to reschedule in the next 48 hours, or be charged the full amount of the mat session. **Exchange rates updated daily | Session duration 55 minutes**

07/07/2021