

## GROUP PILATES MAT CLASSES (AIRPORT)

SCHEDULE	9:30AM	9:45AM	10:30AM	11AM	12PM	12:30PM	6:30PM
MON		<b>CARDIOLATES</b> MARZENA					<b>MIND &amp; BODY</b> JANAN
TUE				<b>PRANAYAMA BEGINNER (PACKAGE)</b> POONAM	<b>PRANAYAMA ADVANCE</b> POONAM	<b>MEDITATION</b> POONAM	
WED	<b>TOTAL BODY</b> TRISHNA						
THU		<b>BALANCED BODY</b> TRISHNA					<b>MIND &amp; BODY</b> JANAN
FRI		<b>UP TEMPO</b> MARZENA					
SAT							

**PILATES MAT CLASS** involves performing Pilates exercises in tandem with controlled breathing patterns on a mat rather than using an apparatus to strengthen the core. Pilates Mat props such as foam rollers, the Pilates ring, resistance bands, or weighted balls are used in some repertoires to create fun and varied workouts.

**CARDIOLATES** Pilates mat routine designed to strengthen the cardiovascular system and burn calories

**TOTAL BODY** Pilates mat resistance training to increase strength and flexibility in the musculoskeletal system

**UP TEMPO** High intensity class with advanced exercises aimed at strengthening the core, flexibility and muscle tone

**MIND & BODY** Connecting mind and body in perfect unison, focusing on different parts of the body to achieve a well-rounded workout

**BALANCE BODY** Strengthen the muscles that helps keep upright and improve stability.

**MEDITATION** is a powerful tool used to bring peace and harmony to the mind, body and soul.

**PRANAYAMA** is practice of conscious, systematic and intentional breathing benefiting the mind, body and soul. It helps to clear emotional and physical blockage in the body to free the breath and allow prana (life energy) to flow through the body at its optimum.

**PILATES BARRE** Is drawn from ballet, Yoga, Pilates with a focus on breathing, mind-body connection and toning of leg, glutes as well as core muscles

**PRICE PER SESSION 70GHC/pers.**

PREPAID PACKAGE PAY 10 SESSIONS, GET 1 FREE

**PRANAYAMA BEGINNER 600GHC/pers.**

(6 SESSIONS –LEARN 8 BREATHING TECHNIQUES)

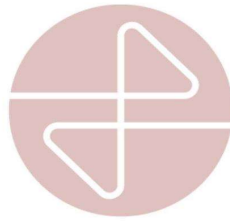
**PRANAYAMA ADVANCE 100GHC/pers.**

**MEDITATION 60GHC/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 MAT CLASSES (CANTONMENTS)

SCHEDULE	8:30AM	9:30AM	10:30AM	6:00PM
MON	<b>PILATES BARRE</b> ERIN	<b>DEEP STRETCH</b> TRISHNA		<b>TOTAL BODY</b> TRISHNA
TUE				
WED			<b>PILATES BARRE</b> JANAN	
THU				
FRI	<b>PILATES BARRE</b> ERIN			<b>TOTAL BODY</b> TRISHNA
SAT		<b>HATHA YOGA</b> KAHLDOUN	<b>CARDIOLATES</b> TRISHNA	

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**CARDIOLATES** Pilates mat routine designed to strengthen the cardiovascular system and burn calories.

**VINYASA CORE FLOW** Is a mixture of Vinyasa, Yoga, Tai Chi and Pilates mat work, enhancing strength, lengthening muscles and re-energizing clients.

**TOTAL BODY** Pilates mat resistance training to increase strength and flexibility in the musculoskeletal system.

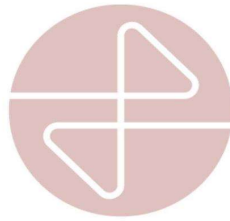
**PILATES BARRE** Is drawn from ballet, Yoga, Pilates with a focus on breathing, mind-body connection and toning of leg, glutes as well as core muscles.

**DEEP STRETCH** Is design to increased muscle control, flexibility, and range of motion.

**PRICE PER SESSION 70**GHC/pers.  
**PREPAID PACKAGE PAY 10 SESSIONS, GET 1 FREE**

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**Exchange rates updated daily | Session duration 55 minutes**

07/07/2021



## ONLINE CLASSES

SCHEDULE	9AM	9:30AM	11AM	3PM	3:30PM	5PM
MON						
TUE				<b>PILATES MAT</b> JANAN		
WED						
THU						<b>PILATES MAT</b> JANAN
FRI		<b>PILATES MAT</b> TRISHNA				
SAT	<b>PILATES MAT</b> JANAN					

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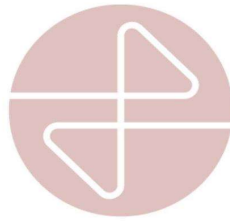
**PRICE PER SESSION 60GHC/pers.**

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**Exchange rates** updated daily | Session **duration** 55 minutes

07/07/2021



## GROUP PILATES MAT CLASSES (EAST LEGON)

SCHEDULE	8:30AM	9:30AM	10:30AM	12PM	3:30PM	6:00PM
MON						
TUE	<b>DEEP STRETCH</b> TRISHNA	<b>CARDIOLATES</b> TRISHNA				<b>TOTAL BODY</b> TRISHNA
WED						
THU						
FRI				<b>PILATES BARRE</b> JANAN	<b>PILATES BARRE</b> JANAN	
SAT						

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**CARDIOLATES** Pilates mat routine designed to strengthen the cardiovascular system and burn calories.

**DEEP STRETCH** Is design to increased muscle control, flexibility, and range of motion.

**TOTAL BODY** Pilates mat resistance training to increase strength and flexibility in the musculoskeletal system.

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**Exchange rates** updated daily | Session **duration** 55 minutes

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