

GROUP PILATES MAT CLASSES (AIRPORT)

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

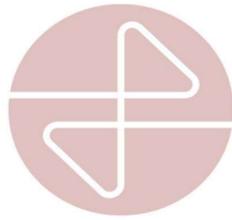
PRANAYAMA ADVANCE 100GHC/pers.

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

25/11/2021



GROUP PILATES MAT CLASSES (CANTONMENTS)

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

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.

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.

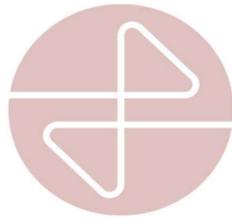
PILATES BARRE Is drawn from ballet, Yoga, Pilates with a focus on breathing, mind-body connection and toning of leg, glutes as well as core muscles.

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

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

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

25/11/2021



ONLINE CLASSES

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

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.

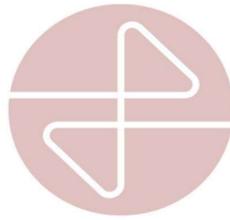
PRICE PER SESSION 60GHC/pers.

PREPAID PACKAGE PAY 10 SESSIONS, GET 1 FREE

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

25/11/2021



GROUP PILATES MAT CLASSES (EAST LEGON)

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

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.

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

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

25/11/2021