

## GROUP PILATES REFORMER CLASSES (AIRPORT)

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

MON		<b>FUSION PILATES</b> MARK					
TUE	<b>INTER- MEDIATE</b> JANAN			<b>INTER- MEDIATE</b> JANAN		<b>BEGINNER</b> JANAN	
WED	<b>INTER- MEDIATE</b> TRISHNA	<b>RESTORE</b> TRISHNA					
THU	<b>INTER- MEDIATE</b> JANAN		<b>INTER- MEDIATE</b> TRISHNA	<b>INTER- MEDIATE</b> JANAN		<b>BEGINNER</b> 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.

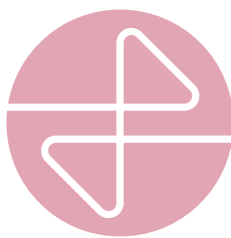
**ADVANCED REFORMER PILATES CLASSES** Clients with extensive Pilates Reformer experience will be challenged with more intense, core strengthening and breathing exercises.

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

**PRICE PER SESSION 186** 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**

25/11/2021



## 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 186** 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**

25/11/2021