

GROUP PILATES MAT CLASSES (AIRPORT)

SCHEDULE	9:30AM	9:45AM	10:30AM	11AM	12PM	12:30PM	6:30PM
MON		CARDIOLATES FE					MIND & BODY JANAN
TUE							HATHA YOGA KHALDOUN
WED		BODY BLITZ KAREN					
THU							MIND & BODY JANAN
FRI		UP TEMPO FE					
SAT		HATHA YOGA KHALDOUN					

PILATES MAT CLASS involves performing Pilate's 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

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

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

BODY BLITZ (45mins – 1 hour) Circuit-based class working on strengthening your whole body and raising your heart rate.

REL EASE (60 minutes). This offering includes simple ways to release muscular tension that draw on self-massage, myofascial movement, Yoga and Pilates tradition. This programme involve simple meditation strategies and essential Pelvic Floor and nervous system soothing, which is just as important as "doing the hard work"

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

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

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

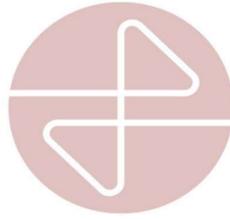
PILATES BARRE Is drawn from ballet, Yoga, Pilates with a focus on breathing, mind-body connection and toning of leg, glutes as well as core muscles

PRICE PER SESSION 85GHC/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



GROUP PILATES MAT CLASSES (CANTONMENTS)

SCHEDULE	8:30AM	9:45AM	10:45AM	5PM	6:00PM
MON	PILATES BARRE ERIN				HATHA YOGA KHALDOUN
TUE		CARDIOLATES FE			
WED			PILATES BARRE JANAN		TOTAL BODY JANAN
THU					
FRI	PILATES BARRE ERIN				
SAT			BODY BLITZ KAREN		

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.

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

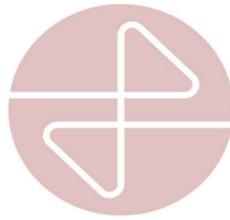
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Exchange rates updated daily | Session duration 55 minutes

25/01/2022



ONLINE CLASSES

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

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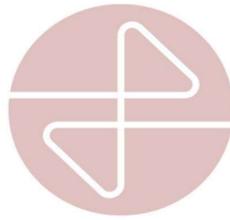
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Exchange rates updated daily | Session **duration** 55 minutes

25/01/2022



GROUP PILATES MAT CLASSES (EAST LEGON)

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SCHEDULE	8:30AM	9:30AM	10:30AM	1PM	3:30PM	6:00PM
MON						
TUE						
WED						
THU						
FRI					PILATES BARRE JANAN	PILATES BARRE JANAN
SAT						

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