

## GROUP PILATES REFORMER CLASSES (AIRPORT)

SCHEDULE	7:30 AM	10:30 AM	10:45AM	11:45 AM	1 PM	5 PM	6 PM
MON	INTER-MEDIATE JANAN		INTER-MEDIATE FE			INTER-MEDIATE FE	
TUE	INTER-MEDIATE JANAN			INTER-MEDIATE JANAN			BEGINNER JANAN
WED	INTER-MEDIATE FE		INTER-MEDIATE FE			INTER-MEDIATE FE	
THU	INTER-MEDIATE JANAN			INTER-MEDIATE JANAN		INTER-MEDIATE JANAN	
FRI	INTER-MEDIATE FE						
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.

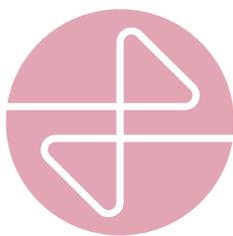
**ADVANCED REFORMER PILATES CLASSES** Clients with extensive Pilates Reformer experience will be challenged with more intense, core strengthening and breathing exercises.

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

**PRICE PER SESSION 240** 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

25/01/2022



## GROUP PILATES REFORMER CLASSES (CANTONMENTS)

SCHEDULE 7:30 AM 8:30 AM 10:30 AM 11:45AM 1PM 2 PM 6 PM

MON

TUE  
**INTER-MEDIATE**  
FE

WED **BEGINNER**  
JANAN

THU  
**INTER-MEDIATE**  
FE

FRI **INTER-MEDIATE**  
FE

SAT

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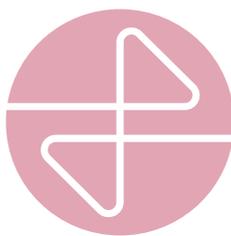
**BEGINNER REFORMER CLASS** An open reformer class with a repertoire tailored to beginners, including essential breathing and abdominal strengthening exercises

**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 **240** 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



## GROUP PILATES REFORMER CLASSES (EAST LEGON)

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

MON

TUE

WED

THU

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.

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**PRICE PER SESSION 240** 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**

