

P4 PILATES GROUP EQUIPMENT BASED (AIRPORT)



| TIMES | MON | TUE | WED | THUR | FRI | SAT |
|---------|----------------------|---------------------|----------------------|---------------------|----------------------|-----|
| 7:30AM | | | | PILATES ON REFORMER | | |
| 8:00AM | | | | | | |
| 8:30AM | | PILATES ON REFORMER | | PILATES ON REFORMER | | |
| 9:00AM | | | | | | TRX |
| 9:30AM | | | | | | |
| 9:45AM | | | | | | |
| 10:00AM | | | | | | |
| 10:30AM | | | | | | |
| 11:00AM | PILATES ON EQUIPMENT | PILATES ON REFORMER | PILATES ON EQUIPMENT | PILATES ON REFORMER | PILATES ON EQUIPMENT | |
| 11:30AM | | | | | | |
| 12:00PM | | | | | | |
| 12:30PM | | | | | | |
| 1:00PM | | PILATES ON REFORMER | | PILATES ON REFORMER | | |
| 1:30PM | | | | | | |
| 2:00PM | | | | | | |
| 2:30PM | | | | | | |
| 3:00PM | | | | | | |
| 3:30PM | | | | | | |
| 4:00PM | | | | | | |
| 4:30PM | | | | | | |
| 5:00PM | | | | | | |
| 5:30PM | | | PILATES ON REFORMER | PILATES ON REFORMER | | |
| 6:00PM | | | | | | |
| 6:30PM | | PILATES ON REFORMER | PILATES ON REFORMER | PILATES ON REFORMER | PILATES ON REFORMER | |
| 7:00PM | | | | | | |
| 7:30PM | | | | | | |

PILATES ON EQUIPMENT: Enjoy an energizing and challenging full body workout applying the basic principles of the PILATES method. This low-intensity full-body class is perfect for those who have just started Pilates, but are anxious to see the benefits. We target the glutes, abdominals, arms and legs whilst addressing any postural imbalances.

PILATES ON REFORMER: Pilates on Reformer emphasizes control to connect to your body through focused breathing techniques using the Reformer, a sliding platform with springs and pulleys that provides resistance

TRX: Train while suspended - either by your hands or feet - generally by one anchor point. The one base of support - the anchor point - will provide you with the ideal mix of mobility and strength, enhancing your levels of endurance, balance, coordination, flexibility, core, stability and overall power!.

PRICE PER SESSION

ROBERTA / MARK / ALBERT 384 GHC/pers.

GRACE 320 GHC/pers.

Cancellation Policy: 24 hours' notice to cancel or reschedule (an 11am booked class needs to be cancelled the previous day by 11am). Failure to give adequate notice will incur a full charge for the time reserved!

P4 PILATES GROUP EQUIPMENT BASED (CANTONMENTS)



| TIMES | MON | TUE | WED | THUR | FRI | SAT |
|---------|---------------------|----------------------|---------------------|----------------------|---------------------|---------------------|
| 7:30AM | | | | | | |
| 8:00AM | | | | | | |
| 8:30AM | | | | | | |
| 9:00AM | | | | | | |
| 9:30AM | | | | | | |
| 9:45AM | | | | | | |
| 10:00AM | | | | | | |
| 10:30AM | PILATES ON REFORMER | PILATES ON EQUIPMENT | PILATES ON REFORMER | PILATES ON EQUIPMENT | PILATES ON REFORMER | |
| 11:00AM | | | | | | |
| 11:30AM | | | | | | PILATES ON REFORMER |
| 12:00PM | | | | | | |
| 12:30PM | | | | | | PILATES ON REFORMER |
| 1:00PM | PILATES ON REFORMER | PILATES ON EQUIPMENT | PILATES ON REFORMER | PILATES ON EQUIPMENT | PILATES ON REFORMER | |
| 1:30PM | | | | | | |
| 2:00PM | | | | | | |
| 2:30PM | | | | | | |
| 3:00PM | | | | | | |
| 3:30PM | | | | | | |
| 4:00PM | | | | | | |
| 4:30PM | | | | | | |
| 5:00PM | PILATES ON REFORMER | | PILATES ON REFORMER | | PILATES ON REFORMER | |
| 5:30PM | | | | | | |
| 6:00PM | PILATES ON REFORMER | | | | PILATES ON REFORMER | |
| 6:30PM | | | | | | |
| 7:00PM | | | | | | |
| 7:30PM | | | | | | |

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