

P4 PILATES GROUP CLASSES EQUIPMENT BASED (AIRPORT)



TIMES	MON	TUE	WED	THUR	FRI	SAT
7:30AM				PILATES ON REFORMER		
8:00AM						PILATES ON EQUIPMENT
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	PILATES ON EQUIPMENT					
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 420 GHC/pers.

GRACE 350 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 times reserved!

P4 PILATES GROUP CLASSES 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	
6:30PM						
7:00PM						
7:30PM						

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