

P4 REFORMER GROUP CLASS (AIRPORT)



TIMES	MON	TUE	WED	THUR	FRI	SAT
6:30AM						
7:30AM						
8:00AM	PILATES ON EQUIPMENT		INTERMEDIATE PILATES ON EQUIPMENT	PILATES ON REFORMER	ADVANCE PILATES ON EQUIPMENT	
8:30AM						INTERMEDIATE PILATES ON EQUIPMENT
9:00AM		PILATES ON REFORMER		PILATES ON REFORMER		
9:30AM						
10:00AM						
10:30AM						PILATES ON EQUIPMENT
11:00AM	ADVANCE PILATES ON EQUIPMENT					
11:30AM		PILATES ON REFORMER		PILATES ON REFORMER		
12:00NOON	PILATES ON EQUIPMENT		ADVANCE PILATES ON EQUIPMENT		PILATES ON EQUIPMENT	
12:30PM						
1:00PM		PILATES ON REFORMER		PILATES ON REFORMER		
1:30PM						
2:00PM						
2:30PM						
3:00PM	OFF PEAK/TEEN				OFF PEAK/TEEN	C L O S E D
3:30PM						
4:00PM						
4:30PM						
5:00PM						
5:30PM						
6:00PM	ADVANCE PILATES ON EQUIPMENT		ADVANCE PILATES ON EQUIPMENT			
6:30PM	PILATES ON EQUIPMENT		PILATES ON EQUIPMENT	PILATES ON REFORMER	PILATES ON EQUIPMENT	
7:00PM		PILATES ON REFORMER				
7:30PM				PILATES ON REFORMER		
8:00PM						

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

PRICE PER SESSION

VIRGINIA / DARLENE / MARK / ALBERT 480 GHC/pers.

GRACE 400 GHC/pers.

Cancellation Policy: 24 hours' notice o 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 chage ffor the timeserved!

P4 REFORMER GROUP CLASS (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			PILATES ON REFORMER
12:00NOON						
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		OFF PEAK/TEEN		OFF PEAK/TEEN		
3:30PM						
4:00PM						
4:30PM						
5:00PM	PILATES ON REFORMER	PILATES ON EQUIPMENT	PILATES ON REFORMER	PILATES ON EQUIPMENT		
5:30PM						
6:00PM					PILATES ON REFORMER	
6:30PM						
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.

CIRCUIT PILATES: Equipment Class is a contemporary Pilates Equipment class incorporating high intensity workout patterns

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

VIRGINIA / DARLENE / MARK / ALBERT 480 GHC/pers.

GRACE 400 GHC/pers.

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