

Classes Time Table

| Day Time | Monday 30 th | Tuesday 1 st | Wednesday 2 nd | Thursday 3 rd | Friday 4 th | Saturday 5 th | Sunday 6 th |
|-------------|------------------------------------|------------------------------------|--|---------------------------------|------------------------|---|----------------------------------|
| 08:00 | | Studio close (Natinal Labor Day) | | | M Flex & Flow | | |
| 09:00 | | | R Abs Attack (Care-body focused) | R O - Wings arms and back | | M Pilates with props | |
| 10:00 | | | | | | | R Boomerang (Jump Board) |
| 10:15 | | | | | | R Angle Arms (Upper - body focused) | |
| 11:00 | | | | | | Prenatal | |
| 11:15 | | | | | | | M Mini ball |
| 12:15 | Lunch Mat | | | Lunch Mat | Lunch Mat | Lunch Mat | |
| | Lunch Reformer | | | Lunch Reformer | | Lunch Reformer | |
| 17:30 | | | | Prenatal | | | |
| 18:00 | | | | | | R Full body work out | |
| 18:30 | R Circuit (Chair + Reformer) | | R Booty Lover (Laner - body focused) | M Mini ball | | | |
| 19:00 | | | | | | | |

Remark :

Sessions may be cancelled online, or by calling at least 24 hours in advance.
Please cancel on time to avoid paying for late cancellation.

Group classes

R REFORMER

1. Circuit (Chair + Reformer)
2. Lovely powerhouse
3. Cardio Chair
4. Booty Lover (Laner - body focused)
5. O - Wings (arms and back)
6. Full body work out
7. Angle Arms (Upper - body focused)
8. Boomerang (Jump Board)

M MAT PILATES

1. Magic Circle
2. Pilates with props
3. Mini ball
4. Flex & Flow
5. Pilates with props

PRENATAL

A workout for pregnant women that helps stretch and strengthen the body for a smootg and strong pregnancy.

LUNCH TIME CLASSES (45 MINS)

A 45 minutes ' Pilates' workout that tackles the single most problem millennial's face. Office syndrome'. A stretching and toning program that addresses the aching of the neck, shoulders, back and hips while strengthening the core.

Packages and fees 2018

PRIVATE CLASSES :

Drop in 2,690 Baht
4 classes / 1 Month 8,800 Baht

REFORMER :

Drop in 799 Baht
3 classes / 1 Month 1,990 Baht

MAT WORKOUT :

Drop in 599 Baht
3 classes / 1 Month 1,290 Baht

LUNCH TIME CLASSES :

MAT

Drop in 299 Baht
1 Month 3,999 Baht

REFORMER

Drop in 599 Baht
1 Month 5,999 Baht

PRENATAL :

First time 500 Baht
Drop in 7,00 Baht
5 classes / 3 Months 3,000 Baht