

## Classes Time Table

Day Time	Monday 21 <sup>st</sup>	Tuesday 22 <sup>nd</sup>	Wednesday 23 <sup>rd</sup>	Thursday 24 <sup>th</sup>	Friday 25 <sup>th</sup>	Saturday 26 <sup>th</sup>	Sunday 27 <sup>th</sup>
08:00					M Flex & Flow		
09:00		M Wonderous Wings (Upper body)	R Booty Lover (Leaner-body focused)	R Angle Arms (Upper-body focused)	R	M Core off the floor	
10:00							R Cardio Chair
10:15						R Booty Lover (Leaner-body focused)	
11:00		Prenatal				Prenatal	
11:15							M Magic Circle
12:15	Lunch Mat	Lunch Mat	Lunch Mat	Lunch Mat	Lunch Mat		
	R Lunch Reformer	R Full body work out	Lunch Reformer		Lunch Reformer		
17:30			Prenatal				
18:00					R Lovely powerhouse		
18:30	R Office aid (office syndrome release / stretching)		R Abs attack (care-body focused)	M Blast Booty (Barre / Lower Body)			
19:00		M Core off the floor					

**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

- Office aid (office syndrome release / stretching)
- Full body work out
- O - Wings ( arms and back )
- Abs attack (care - body focused)
- Boomerang ( Jump Board )
- Lovely powerhouse
- Booty Lover (Leaner - body focused)
- Cardio Chair

#### M MAT PILATES

- Wonderous Wings ( Upper body )
- Core off the floor
- Blast Booty (Barre / Lower Body)
- Flex & Flow
- Core off the floor
- Magic Circle

#### PRENATAL

A workout for pregnant women that helps stretch and strengthen the body for a smooth 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 : ( 45 mins )**

**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