

## Classes Time Table

Day Time	Monday 7 <sup>th</sup>	Tuesday 8 <sup>th</sup>	Wednesday 9 <sup>th</sup>	Thursday 10 <sup>th</sup>	Friday 11 <sup>th</sup>	Saturday 12 <sup>th</sup>	Sunday 13 <sup>th</sup>
08:00					M Flex & Flow		
09:00		M Magic Circle	R Angle Arms (Upper - 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				Prenatal	
11:15							M Mini ball
12:15	Lunch Mat	Lunch Mat	Lunch Mat	Lunch Mat	Lunch Mat		
	R Lunch Reformer	R Lovely powerhouse	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		M Pilates with props					

### 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 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 :

##### 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