

Classes Time Table

Packages and fees 2018

Private classes :

Drop in	2,700 Baht
6 classes / 1 Month	12,000 Baht
8 classes / 2 Months	17,600 Baht
12 classes / 3 Months	28,800 Baht

Reformer :

First Time	399 Baht
Drop in	890 Baht
15 classes / 45 days	11,900 Baht
24 classes / 3 Months	18,500 Baht
50 classes / 4 Months	35,000 Baht

Pilates Mat :

First Time	299 Baht
Drop in	600 Baht
15 classes / 2 Months	7,500 Baht
36 classes / 4 Months	15,900 Baht
72 classes / 6 Months	27,500 Baht

Prenatal :

First Time	500 Baht
Drop in	700 Baht
5 classes / 3 Months	3,00 Baht

Lunch Mat :

Drop in	299 Baht
1 Month	3,999 Baht

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
07:00							
08:00					P		
09:00		P	R ⁺	R ⁺		P	
10:00							R ⁺
10:15						R ⁺	
11:00		Pr				Pr	
11:15							P
12:15	L	L R ⁺	L	L	L		
17:30			Pr				
18:00					R ⁺		
18:30	R ⁺		R ⁺	P			
19:00		P					

12 hours cancellation policy applies for all classes.
Please book at least 24h in advance

Group classes

R⁺ MANIPURA (PERSONAL POWER)

A full body workout on Pilates Reformer and Chair to help develop a stronger and leaner body with a wide range of motion.

P ANAHATA (PILATES + YOGA)

Combination of the muscle toning, core exercising stretching and balancing principles of Pilates and attributes of Yoga to create a powerful yet well-balance workout that burns.

Pr SWADHISTHANA (PRENATAL)

A workout specifically designed for woman who are pregnant. Together we will strengthen the body and mind for a smooth pregnancy.

L AJNA (LUNCH MAT : 45 MINS)

45 minutes lunch time 'Mat Pilates' workout that tackles the single most problem millennial's face, 'Office syndrome'. A stretching and toning program that addresses the problem areas such as neck, shoulders, back and hips. Strengthening the core and releasing stress in just one class.