

January 2018

Classes Time Table

Packages and fees 2018

Private classes

First Timer	2,000 Baht
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 Timer	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

Mat / PIYO

First Timer	299 Baht
Drop in	600 Baht
15 classes / 2 month	7,500 Baht
36 classes / 4 Months	15,900 Baht
72 classes / 6 Months	27,500 Baht
200 classes / 1 Years	50,000 Baht

Prenatal / Mommy & Me

First Timer	500 Baht
Drop in	700 Baht
5 classes / 3 months	3,000 Baht

Lunch Mat

Drop in	299 Baht
1 month unlimited	3,999 Baht

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
07:45		R ⁺		Mat			
08:00	R ⁺		Mat		Mat R ⁺		
09:00		Mat		R ⁺		Mat	
10:00						m ²	R ⁺
10:15						R ⁺	
11:00		Pr				Pr	
11:15							Mat
12:15	L ^{45Mins}	L ^{45Mins}	L ^{45Mins} R ⁺	L ^{45Mins}	L ^{45Mins}		
17:30			Pr				
18:00					R ⁺		
18:30	Mat	R ⁺	Mat	P	R ⁺		

12 hours cancellation policy applies for all classes.

Please book at least 24h in advance

Classes

Reformer Private

For people with special needs or new to Pilates, we recommend taking (at least) 2-3 private sessions. That way we will get to know you better and will be able to provide you with the special attention you need. Enjo your private studio with the private attention of the instructor.

R⁺ Reformer + Chair (up to 5 people)

Using both the Reformer and chair to develop a stronger, learner body.

This full body workout culpts and tones, working a wide-range of muscle groups.

P PIYO

Combine the muscle sculpting, core-firming benefits of Pilates and Yoga now crank up the speed to deliver a true burning, low impact workout

Mat Mat class

Join the class and deepen your understanding of the basics and fundamentals of the method. Shape your body, improve your posture, get rid of aches and pains and create a healthier spine.

Pr Prenatal

As you create a new life, this special class will help you experience the best possible pregnancy and delivery.

L Lunch Mat (45Mins)

Special 30 mins lunch program to tone your body specifically target important muscle groups in each class.

m² Mommy & Me

Get back in shape and have a fun, relaxing time of bonding with your baby through Yoga.