

## Classes Time Table

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
08.00							
09.00		Mat	R <sup>+</sup>	Mat	Mat	Mat	
09.15							
10.00							R <sup>+</sup>
10.15				R <sup>+</sup>	R <sup>+</sup>	R <sup>+</sup>	
10.30	C <sup>R</sup>					Pr	
11.00							
11.15		Pr					Mat
12.15							
12.45		R <sup>+</sup>					
17.30			Pr		R <sup>+</sup>		
18.00	R <sup>+</sup>		R <sup>+</sup>				
18.30				P			
19.00	Mat		Mat				

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

### Classes:

#### C<sup>R</sup> CoreAlign® (up to 4 people)

The innovation equipment and exercise system using two sliding cart and tracks moving with elastic resistance with and optional standing ladder - is the perfect addition to a Pilates, physical therapy or personal trainging practice combining cardiovascular work and integrated,full - body excercises with a mind-body approach.

#### 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

#### R<sup>+</sup> 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.

#### 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

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

### Packages and fees 2017:

Private classes :	
First timer	2,000 Baht
Drop In	2,700 Baht
10 classes / 2 months	23,000 Baht
Reformer / CoreAlign :	
First timer	600 Baht
Drop in	1,000 Baht
10 classes / 2 months	9,500 Baht
Mat / PIYO :	
First timer	400 Baht
Drop in	600 Baht
10 classes / 2 months	5,500 Baht
Prenatal classes :	
First timer	500 Baht
Drop in	700 Baht
5 classes / 3 months	3,000 Baht
1 Month Package :	
8 Private	16,000 Baht
8 Reformer/CoreAlign	6,200 Baht