

PROMOTION

-25%

ALL PRIVATE

MONDAY & THURSDAY

REGULAR 2,700 NOW ONLY 2,000 THB

MAKE YOUR RESERVATION (S) NOW

CONTACT

☎ 02-650-7797

✉ info@pilates.co.th

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
Lunch Mat :	
Drop in	250 Baht
12 classes/1 month	2550 Baht

Classes Time Table

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
08.00							
09.00		Mat	R ⁺		Mat	Mat	
09.15							
10.00							R ⁺
10.15				R ⁺	R ⁺	R ⁺	
10.30						Pr	
11.00							
11.15		Pr					Mat
12.15		30mins L	30mins L	30mins L			
12.45		R ⁺					
17.30			Pr		R ⁺		
18.00	R ⁺		R ⁺				
18.30				P			
19.00	Mat		Mat				

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

Classes:

C[®] 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⁺ 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.