

JANUARY 2026

Reformer Pilates Classes Schedule

	Timing	Activity	Trainer
Monday	07:00 to 07:50	Beginner Ladies	Christina
	08:00 to 08:50	Intermediate Ladies	Christina
	09:00 to 09:50	Core Ladies	Christina
	16:00 to 16:50	Beginner Ladies	Claudia
	17:00 to 17:50	Intermediate Ladies	Claudia
	18:00 to 18:50	Core Ladies	Claudia
Tuesday	10:00 to 10:50	Intermediate	AFI
	16:00 to 16:50	Core Ladies	AFI
	17:00 to 17:50	Intermediate Ladies	AFI
	18:00 to 18:50	Core Ladies	AFI
	19:00 to 19:50	Beginner	AFI
Wednesday	07:00 to 07:50	Beginner Ladies	Christina
	08:00 to 08:50	Intermediate Ladies	Christina
	09:00 to 09:50	Core Ladies	Christina
	16:00 to 16:50	Beginner Ladies	Claudia
	17:00 to 17:50	Intermediate Ladies	Claudia
	18:00 to 18:50	Core Ladies	Claudia
Thursday	10:00 to 10:50	Beginner Ladies	AFI
	16:00 to 16:50	Core Ladies	AFI
	17:00 to 17:50	Intermediate Ladies	AFI
	18:00 to 18:50	Core Ladies	AFI
	19:00 to 19:50	Beginner	AFI

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	Time	Activity	Trainer
Friday	09:00 to 09:50	Beginner	AFI
	10:00 to 10:50	Beginner Ladies	AFI
	16:00 to 16:50	Core Ladies	AFI
	17:00 to 17:50	Intermediate Ladies	AFI
	18:00 to 18:50	Beginner	AFI
Saturday	10:00 to 10:50	Intermediate	AFI
	16:00 to 16:50	Intermediate Ladies	AFI
	17:00 to 17:50	Intermediate Ladies	AFI
	18:00 to 18:50	Core Ladies	AFI
	19:00 to 19:50	Intermediate	AFI
Sunday	09:00 to 09:50	Beginner	AFI
	10:00 to 10:50	Beginner Ladies	AFI
	16:00 to 16:50	Core Ladies	AFI
	17:00 to 17:50	Intermediate Ladies	AFI
	18:00 to 18:50	Beginner	AFI

CLASS BOOKING INFORMATION

- Classes are for adults only, 18 Years and above in the Gym Studio.
- Please note that the class schedule may vary during special events and public holidays.
- Advance bookings are required for all sessions
- To ensure a smooth and safe experience, we kindly ask that you arrive at least 10 minutes before the class begins
- Cancellations must be made at least 12 hours in advance to avoid applicable fees.