

# JULY 2026

## Reformer Pilates Schedule

	Time	Activity	Trainer
Monday	07:00 to 7:50	Intermediate	Christina
	08:00 to 8:50	Beginner	Christina
	09:00 to 9:50	Core Ladies	Christina
	16:00 to 16:50	Beginner Ladies	Claudia
	17:00 to 17:50	Core Ladies	Claudia
	18:00 to 18:50	Intermediate	Claudia
Tuesday	17:00 to 17:50	Core Ladies	Heba
	18:00 to 18:50	Intermediate	Heba
Wednesday	07:00 to 7:50	Beginner	Christina
	08:00 to 8:50	Intermediate Ladies	Christina
	09:00 to 9:50	Beginner	Christina
	16:00 to 16:50	Beginner	Claudia
	17:00 to 17:50	Core Ladies	Claudia
	18:00 to 18:50	Intermediate	Claudia
Thursday	08:00 to 8:50	Intermediate Ladies	Stella
	09:00 to 9:50	Beginner	Stella
	16:00 to 16:50	Beginner	Heba
	17:00 to 17:50	Core Ladies	Heba
	18:00 to 18:50	Intermediate	Heba

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## Reformer Pilates Schedule

	Time	Activity	Trainer
Friday	08:00 to 8:50	Intermediate	Stella
	09:00 to 9:50	Beginner Ladies	Stella
	16:00 to 16:50	Core Ladies	Heba
	17:00 to 17:50	Intermediate	Heba
	18:00 to 18:50	Beginner	Heba
Saturday	09:00 to 9:50	Beginner Ladies	Rawabi
	10:00 to 10:50	Beginner	Rawabi
Sunday	9:00 to 9:50	Intermediate Ladies	Rawabi
	10:00 to 10:50	Intermediate	Rawabi

### Booking Information

- Advance bookings are required for all sessions
- Guests are encouraged to arrive at least 10 minutes prior to their scheduled session
- Cancellations must be made at least 12 hours in advance to avoid applicable fees
- Please note that the class schedule may vary during special events and public holidays