

MAY 2026

Reformer Pilates Classes Schedule

	Time	Activity	Trainer
Monday	08:00 to 08:50	Beginner	Christina
	09:00 to 09:50	Core Ladies	Christina
	16:00 - 16:50	Beginner Ladies	Claudia
	17:00 to 17:50	Core Ladies	Claudia
	18:00 to 18:50	Intermediate	Claudia
Tuesday	09:00 to 09:50	Intermediate	Afi
	10:00 to 10:50	Beginner Ladies	Afi
	16:30 to 17:20	Core Ladies	Afi
	17:30 to 18:20	Intermediate	Afi
	18:30 to 19:20	Beginner	Afi
Wednesday	07:00 to 07:50	Beginner	Christina
	08:00 to 08:50	Intermediate Ladies	Christina
	09:00 to 09:50	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 08:50	Beginner	Afi
	09:00 to 09:50	Intermediate	Afi
	10:00 to 10:50	Beginner Ladies	Afi
	16:00 to 16:50	Core Ladies	Afi
	17:00 to 17:50	Intermediate	Afi

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	Time	Activity	Trainer
Friday	08:00 to 08:50	Intermediate	Afi
	09:00 to 09:50	Beginner Ladies	Afi
	10:00 to 10:50	Core Ladies	Afi
	16:00 to 16:50	Intermediate	Afi
	17:00 to 17:50	Beginner	Afi
Saturday	08:30 to 09:20	Intermediate	Afi
	09:30 to 10:20	Beginner Ladies	Afi
	10:30 to 11:20	Beginner	Afi
	16:00 to 16:50	Core Ladies	Afi
	17:00 to 17:50	Intermediate	Afi
Sunday	09:00 to 09:50	Beginner	Afi
	10:00 to 10:50	Intermediate Ladies	Afi
	16:00 to 16:50	Mat Pilates	Afi
	17:00 to 17:50	Core 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