

MARCH 2026

Reformer Pilates Classes: Ramadan Schedule

	Time	Activity	Trainer
Monday	08:00 to 08:50	Intermediate	Christina
	09:30 to 10:20	Beginner Ladies	Christina
	10:30 to 11:20	Intermediate	Christina
	16:00 - 16:50	Core Ladies	Claudia
	17:00 to 17:50	Intermediate Ladies	Claudia
	18:00 to 18:50	Beginner	Claudia
Tuesday	09:00 to 09:50	Intermediate	Claudia
	10:00 to 10:50	Intermediate Ladies	Claudia
	16:00 to 16:50	Beginner	Afi
	17:00 to 17:50	Intermediate	Afi
	18:00 to 18:50	Mat Pilates	Afi
	19:00 to 19:50	Beginner	Afi
	20:00 to 20:50	Core Ladies	Afi
Wednesday	08:00 to 08:50	Beginner	Christina
	09:30 to 10:20	Intermediate Ladies	Christina
	10:30 to 11:20	Beginner Ladies	Christina
	16:00 to 16:50	Intermediate	Claudia
	17:00 to 17:50	Core Ladies	Claudia
	18:00 to 18:50	Beginner Ladies	Claudia
Thursday	09:30 to 10:20	Intermediate Ladies	Claudia
	10:30 to 11:20	Core Ladies	Claudia
	16:00 to 16:50	Beginner Ladies	Afi
	17:00 to 17:50	Beginner	Afi
	18:00 to 18:50	Core Ladies	Afi
	19:00 to 19:50	Intermediate	Afi

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	Time	Activity	Trainer
Friday	10:30 to 11:20	Intermediate	Afi
	16:00 to 16:50	Intermediate Ladies	Afi
	17:00 to 17:50	Beginner	Afi
	18:00 to 18:50	Core	Afi
Saturday	09:30 to 10:20	Intermediate	Afi
	10:30 to 11:20	Beginner Ladies	Afi
	16:00 to 16:50	Beginner	Afi
Sunday	09:00 to 09:50	Beginner	Christina
	10:00 to 10:50	Intermediate	Christina
	16:00 to 16:50	Beginner	Afi
	17:00 to 17:50	Intermediate Ladies	Afi
	18:00 to 18:50	Core	Afi
	19:00 to 19:50	Beginner	Afi
	20:00 to 20:50	Core Ladies	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.