

SEPTEMBER 2026

Reformer Pilates Classes Schedule

	Timing	Activity	Trainer
Monday	07:00 to 7:50	Intermediate (Mixed)	Christina
	08:00 to 8:50	Beginner (Mixed)	Christina
	09:00 to 9:50	Core (Ladies Only)	Christina
	16:00 to 16:50	Beginner (Mixed)	Claudia
	17:00 to 17:50	Core (Ladies Only)	Claudia
	18:00 to 18:50	Intermediate (Mixed)	Claudia
Tuesday	08:30 to 09:20	Intermediate (Mixed)	Claudia
	09:30 to 10:20	Core (Ladies Only)	Claudia
	10:30 to 11:20	Beginner (Mixed)	Claudia
	18:15 to 19:05	Mobility Flow (Mixed)	Shashi
Wednesday	07:00 to 7:50	Beginner (Mixed)	Christina
	08:00 to 8:50	Intermediate (Ladies Only)	Christina
	09:00 to 9:50	Beginner (Mixed)	Christina
	16:00 to 16:50	Beginner (Mixed)	Claudia
	17:00 to 17:50	Core (Ladies Only)	Claudia
	18:00 to 18:50	Intermediate (Mixed)	Claudia

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Reformer Pilates Classes Schedule

	Timing	Activity	Trainer
Thursday	07:10 to 08:00	Strength Flow (Mixed)	Shashi
	08:00 to 8:50	Intermediate (Mixed)	Stella
	09:00 to 9:50	Core (Ladies Only)	Stella
	10:00 to 10:50	Beginner (Mixed)	Stella
	16:00 to 16:50	Beginner (Mixed)	Heba
	17:00 to 17:50	Core (Ladies Only)	Heba
	18:00 to 18:50	Intermediate (Mixed)	Heba
Friday	08:00 to 8:50	Intermediate (Mixed)	Stella
	09:00 to 9:50	Beginner (Ladies Only)	Stella
	10:00 to 10:50	Beginner (Mixed)	Stella
	16:00 to 16:50	Beginner (Mixed)	Heba
	17:00 to 17:50	Intermediate (Ladies Only)	Heba
	18:00 to 18:50	Intermediate (Mixed)	Heba
Saturday	09:00 to 09:50	Beginner (Mixed)	Claudia
	10:00 to 10:50	Intermediate (Mixed)	Claudia
Sunday	9:00 to 9:50	Intermediate (Mixed)	Christina
	10:00 to 10:50	Core (Ladies Only)	Christina

CLASS BOOKING INFORMATION

- 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.