

# JUNE 2026

## Reformer Pilates Schedule

	Time	Activity	Trainer
Monday	7:00 to 7:50	Intermediate	Christina
	8:00 to 8:50	Beginner	Christina
	9:00 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	9:00 to 9:50	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	7:00 to 7:50	Beginner	Christina
	8:00 to 8:50	Intermediate Ladies	Christina
	9:00 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	8:00 to 8:50	Beginner	Afi
	9:00 to 9:50	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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## Reformer Pilates Schedule

	Time	Activity	Trainer
Friday	8:00 to 8:50	Intermediate	Afi
	9:00 to 9:50	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	8:00 to 8:50	Intermediate	Afi
	9:00 to 9:50	Beginner Ladies	Afi
	10:00 to 10:50	Beginner	Afi
	16:00 to 16:50	Core ladies	Afi
	17:00 to 17:50	Intermediate	Afi
Sunday	9:00 to 9:50	Beginner	Afi
	10:00 to 10:50	Intermediate Ladies	Afi
	16:10 to 17:00	Mat Pilates	Afi
	17:10 to 18:00	Core Ladies	Afi
	18:10 to 19:00	Beginner	Afi

### 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