

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 - 8:00							
8:00 - 9:00	TOWER OF POWER MA'AN	TOWER OF POWER MA	FOUNDATION MAT + TONING BALL JL	REFORMER FOUNDATION MA	TOWER OF POWER MA	REFORMER FOUNDATION MA	TOWER OF POWER MA
9:00 - 10:00							
10:00 - 11:00	MAT & PED-O-PULL MA			TOWER OF POWER MA'AN	REFORMER FOUNDATION MA		REFORMER FOUNDATION MA
11:00 - 12:00	FOUNDATION MAT + SPINE CORRECTOR MA'AN	REFORMER FOUNDATION MA'AN	REFORMER FOUNDATION MA'AN			TOWER OF POWER MA'AN	
12:00 - 1:00	REFORMER FOUNDATION MA			FOUNDATION MAT + RING MA	MENTORING	CHAIR FOUNDATION MA	REFORMER FOUNDATION MA
1:00 - 2:00		TOWER OF POWER MA'AN					WUNDA CHAIR JL
2:00 - 3:00		FOUNDATION MAT & WUNDA JL	FOUNDATION MAT + WUNDA JL				
3:00 - 4:00	FOUNDATION MAT + SPINE CORRECTOR JL	REFORMER FOUNDATION Angel	TOWER OF POWER Angel			TOWER OF POWER Angel	
4:00 - 5:00					REFORMER FOUNDATION JL		TOWER OF POWER JL
5:00 - 6:00	REFORMER FOUNDATION Angel			REFORMER FOUNDATION JL		REFORMER FOUNDATION Angel	
6:00 - 7:00	TOWER OF POWER Angel	FOUNDATION MAT + TONING BALLS Angel		FOUNDATION MAT + TONING BALLS JL	REFORMER FOUNDATION Angel		REFORMER FOUNDATION Angel
7:00 - 8:00				REFORMER + SPINE CORRECTOR JL			TOWER OF POWER Angel
8:00 - 9:00							

TERMS AND CONDITIONS

- Classes are by appointment and on a first-come, first-served basis.
- Grip socks are required. Bring your own towel and water bottle.
- Please reserve at least 48 hours (2 days) in advance to ensure smooth booking.
- Classes with no attendees may be canceled. For Foundation Classes - the class will be cancelled if there's only one (1) attendee.
- Studio policies, including cancellation and rescheduling, still apply.
- Clients with medical conditions, previous injuries, or PWD clients are requested not to join group classes for safety.
- A total of 10 sessions (valid for 2 months), 20 sessions (valid for 3 months), or 30 sessions (valid for 6 months) recommended: 3x per week. No extensions or freezing allowed.
- A minimum of 3 private sessions is required before joining group classes to ensure safe equipment use and proper understanding of the exercises.