

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 - 9:00	REFORMER FOUNDATION M.A.	REFORMER FOUNDATION M.A.		REFORMER FOUNDATION M.A.	REFORMER FOUNDATION M.A.	REFORMER FOUNDATION M.A.	REFORMER FOUNDATION M.A.
9:00 - 10:00 AM				TOWER OF POWER Maan			
10:00 - 11:00	FOUNDATION MAT + SPINE CORRECTOR M.A.	FOUNDATION MAT + SPINE CORRECTOR M.A.		FOUNDATION MAT + SPINE CORRECTOR M.A.	FOUNDATION MAT + SPINE CORRECTOR M.A.	FOUNDATION MAT + SPINE CORRECTOR M.A.	FOUNDATION MAT + SPINE CORRECTOR M.A.
11:00 - 12:00							
12:00 - 1:00					MENTORING		
1:00 - 2:00							
2:00 - 3:00	TOWER OF POWER M.A.	TOWER OF POWER M.A.		TOWER OF POWER M.A.	TOWER OF POWER M.A.	TOWER OF POWER M.A.	TOWER OF POWER M.A.

INTRODUCTORY PACKAGE

3 PRIVATE SESSIONS

P1,800/session; one time purchase for first time clients, valid for one (1) month only.

P5,500

TERMS AND CONDITIONS

- A total of 15, 10, or 5 sessions (recommended: 3x per week).
- 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.
- 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.
- Valid for 1 month; 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.