

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 - 8:00			REFORMER FOUNDATIONS <i>Jhem</i>			REFORMER BLEND <i>Sir Ole</i>	REFORMER FOUNDATIONS <i>Jhem</i>
8:00 - 9:00		REFORMER FOUNDATIONS <i>Jhem</i>		REFORMER FOUNDATIONS <i>Len</i>	REFORMER FOUNDATIONS <i>Len</i>		
9:00 - 10:00	REFORMER CHALLENGE <i>Ken</i>		WUNDA BLEND <i>Ej</i>				
10:00 - 11:00		TOWER CONTROL CHALLENGE <i>Ej</i>		TOWER CONTROL CHALLENGE <i>Ej</i>	REFORMER FOUNDATIONS <i>Bryan</i>	REFORMER FOUNDATIONS <i>Len</i>	TOWER <i>Jhem</i>
11:00 - 12:00			TOWER <i>Ej</i>			TOWER <i>Ann</i>	REFORMER FOUNDATIONS <i>Ken</i>
12:00 - 1:00	WUNDA BLEND <i>Ken</i>	REFORMER FOUNDATIONS <i>Ej</i>	REFORMER FOUNDATIONS <i>Ann</i>	REFORMER FOUNDATIONS <i>Ej</i>		REFORMER FOUNDATIONS <i>Jhem</i>	
1:00 - 2:00	REFORMER FOUNDATIONS <i>Len</i>	TOWER <i>Jhem</i>					REFORMER FOUNDATIONS <i>Len</i>
2:00 - 3:00	PILATES POWER HOUR <i>Ken</i>			WUNDA POLE <i>Neil</i>		WUNDA BLEND <i>Ej</i>	
3:00 - 4:00		REFORMER FOUNDATIONS <i>Bryan</i>	PILATES POWER HOUR <i>Ej</i>	REFORMER FOUNDATIONS <i>Ann</i>	PILATES POWER HOUR <i>Ej</i>	REFORMER FOUNDATIONS <i>Ann</i>	REFORMER FOUNDATIONS <i>Bryan</i>
4:00 - 5:00			TOWER <i>Jhem</i>		TOWER <i>Jhem</i>		
5:00 - 6:00	REFORMER FOUNDATIONS <i>Ann</i>	REFORMER CHALLENGE <i>Neil</i>		REFORMER CHALLENGE <i>Neil</i>		TOWER <i>Ej</i>	
6:00 - 7:00			REFORMER FOUNDATIONS <i>Bryan</i>		REFORMER FOUNDATIONS <i>Ann</i>		TOWER <i>Ej</i>
7:00 - 8:00	TOWER OF POWER <i>Jhem</i>						

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 - 8:00							
8:00 - 9:00	SUSPEND & MAT BLEND <i>Bryan</i>	SUSPEND & MAT BLEND <i>Ann</i>	SUSPEND & MAT BLEND <i>Ann</i>	MAT + TONING BALL <i>Bryan</i>	SUSPEND & MAT BLEND <i>Bryan</i>	MAT + TONING BALL <i>Jhem</i>	SUSPEND & MAT BLEND <i>Bryan</i>
9:00 - 10:00						SUSPEND & MAT BLEND <i>Ann</i>	MAT CHALLENGE WITH RING <i>Ken</i>
10:00 - 11:00		MAT + TONING BALL <i>Ann</i>	SUSPEND & MAT BLEND <i>Ann</i>		MAT CHALLENGE WITH RING <i>EJ</i>		
11:00 - 12:00	SUSPEND & MAT BLEND <i>Bryan</i>			SUSPEND & MAT BLEND <i>Bryan</i>			SUSPEND & MAT BLEND <i>Bryan</i>
12:00 - 1:00	MAT + TONING BALL <i>Jhem</i>	SUSPEND & MAT BLEND <i>Ann</i>	THE REFORMED MAT <i>Jhem</i>	MAT + TONING BALL <i>Pat</i>	MENTORING	THE REFORMED MAT <i>EJ</i>	
1:00 - 2:00	SUSPEND & MAT BLEND <i>Ann</i>	MAT + TONING BALL <i>Pat</i>				SUSPEND & MAT BLEND <i>Ann</i>	MAT + TONING BALL <i>Pat</i>
2:00 - 3:00			MAT + TONING BALL <i>Pat</i>	SUSPEND & MAT BLEND <i>Bryan</i>	THE REFORMED MAT <i>Jhem</i>		
3:00 - 4:00	MAT + TONING BALL <i>Bryan</i>	THE REFORMED MAT <i>EJ</i>	SUSPEND & MAT BLEND <i>Bryan</i>	THE REFORMED MAT <i>EJ</i>	SUSPEND & MAT BLEND <i>Bryan</i>	MAT + TONING BALL <i>Pat</i>	THE REFORMED MAT <i>EJ</i>
4:00 - 5:00					MAT + TONING BALL <i>Ann</i>		
5:00 - 6:00	THE REFORMED MAT <i>Jhem</i>	SUSPEND & MAT BLEND <i>Bryan</i>	MAT + TONING BALL <i>Pat</i>	SUSPEND & MAT BLEND <i>Ann</i>		MAT + TONING BALL <i>Pat</i>	MAT + TONING BALL <i>Pat</i>
6:00 - 7:00		MAT + TONING BALL <i>Pat</i>		MAT + TONING BALL <i>Pat</i>	MAT + TONING BALL <i>Pat</i>		
7:00 - 8:00						MAT + TONING BALL <i>Pat</i>	MAT + TONING BALL <i>Pat</i>
8:00 - 9:00	SUSPEND & MAT BLEND <i>Ann</i>	SUSPEND & MAT BLEND <i>Bryan</i>	SUSPEND & MAT BLEND <i>Bryan</i>	SUSPEND & MAT BLEND <i>Ann</i>	SUSPEND & MAT BLEND <i>Ann</i>		

**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.