

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 - 8:00							
8:00 - 9:00	REFORMER FOUNDATION MA'AN	TOWER OF POWER MA'AN	REFORMER FOUNDATION MA'AN				
9:00 - 10:00						TOWER OF POWER MA'AN	
10:00 - 11:00			CHAIR FOUNDATION MA'AN		TOWER OF POWER MA'AN		
11:00 - 12:00	TOWER OF POWER + SPINE CORRECTOR MA'AN	REFORMER FOUNDATION MA'AN	TOWER OF POWER Angel			CHAIR FOUNDATION + RING MA'AN	
12:00 - 1:00					MENTORING		
1:00 - 2:00		MAT BLEND MA'AN	MAT BLEND MA'AN				REFORMER FOUNDATION Angel
2:00 - 3:00					REFORMER FOUNDATION MA'AN		
3:00 - 4:00		REFORMER FOUNDATION Angel	REFORMER FOUNDATION Angel			TOWER OF POWER Angel	
4:00 - 5:00							TOWER OF POWER Angel
5:00 - 6:00	REFORMER FOUNDATION Angel					FOUNDATION MAT + SPINE CORRECTOR Angel	
6:00 - 7:00	TOWER OF POWER Angel	CHAIR FOUNDATION Angel			REFORMER FOUNDATION Angel		REFORMER FOUNDATION Angel
7:00 - 8:00							
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.