

	Mon	Tue	Wed	Thru	Fri	Sat	Sun
9:00-9:55 AM	Kevin	Kevin	Kevin		Jay		
9:00-9:55 AM							
12:00-12:55 PM							
1:00-1:55 PM				Han			
2:00-2:55 PM							
3:00-3:55 PM							
5:00-5:55 PM				Micky			
6:00-6:55 PM							
6:15-7:10 PM		Jay	Jenny	Jay	Josh		

Course Pricing

12 Session \$720
valid for 4 months
24 Sessions \$1320
valid for 8 months
24Sessions \$1800
valid for 12 months
*Prices do not include tax.

Course Requirement

To ensure a safe and effective experience, participants are kindly requested to meet the following requirements before enrolling:

- Some Pilates experience
- Basic equipment safety knowledge
- One private trial session completed

Booking Policy

- Cancel at least 12 hours before class
- Late cancellations/no-shows will be charged

Q

Mandarin

Cantonese

English

Late Updated Date: Oct 9, 2025