

CLASS TIMETABLE

MATWORK PILATES

A dynamic full-body workout using controlled movements on the mat to improve core strength, flexibility, posture and body awareness. Suitable for all levels.



DAY	☀ AM CLASSES	🌅 PM CLASSES
MONDAY	09:15 10:15	17:15 18:15
TUESDAY	09:15 10:15 11:15	17:15 18:15
WEDNESDAY	09:15 10:15 11:15	18:15 19:15
THURSDAY	—	17:15 18:15
FRIDAY	09:15 10:15 11:15	17:15 18:15
SATURDAY	10:00 11:00	—



**FIRST CLASS
FREE OF CHARGE**

Try us risk-free.



**WE ARE ALWAYS
ADDING NEW CLASSES**

More times, more choice,
more ways to move.

ABOUT MATWORK PILATES

Matwork Pilates focuses on core strength, stability, flexibility and control through a series of low-impact exercises. It improves posture, balance and body awareness, reduces tension and supports overall wellbeing – all using just a mat and your body.



CORE STRENGTH

Build a strong, stable core to support everyday movement.



IMPROVE POSTURE

Enhance alignment and reduce tension for better posture and less discomfort.



INCREASE FLEXIBILITY

Improve range of motion and mobility for a more capable and resilient body.



BODY AWARENESS

Develop control, coordination and mind-body connection.



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