

Jan 9 – April 1, 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				10:00 Intm/Advanced Anna	10:30-11:30 Power Flow Jelena
	17:20 Power Flow Jelena				12:00 Pilates Basics Astarti
18:30 Intermediate Springboard Anna	18:30 Pilates Basics Alvina	18:30 Intermediate Rochelle	18:30 Intermediate Ashley/Alexis	18:30 Sonic Embodiment (class with LIVE music) Alexis/Sebastian (class meets Jan 20, Feb 17, March 16 only)	Sunday
19:35 Intermediate Anna	19:35 Intro to Pilates A/B (pre-register) Alvina	19:35 Beginning Springboard Rochelle	19:35 Pilates Basics Ashley/Alexis		11:00 Weekend Ab Workout Morag

CLASS PRICES:

Intro To Pilates A or B
 (6 classes each): **95**
 Single Mat Class: **15**
 5 Class Mat Card: **65**
 10 Class Mat Card: **120**
 Single Springboard: **17**
 10 Class Springboard: **150**
 5 Class Springboard: **80**

Single Equip. Private: **60**
 10 Equip. Priv.Card: **550**
Trainee Private: 30

Single Mat Private: **55**
 10 Mat Private Card: **500**

Single Equip.Duet: **42**
 10 Equip. Duet Card: **385**

Single Mat Duet: **38**
 10 Mat Duet Card: **345**

Single Equip.Trio: **35**
 10 Class Trio Card: **320**

All class cards are valid for 3 months.

A 24 hour cancellation Policy applies to all private/ duet/ trio /quartet lessons.

NEW TO PILATES?

Sign up for Intro to Pilates A, a 6 lesson course which will teach you the fundamentals of this fabulous method and leave you hungry for more!
 (Pre-registration necessary. Call or email us to pre-register)

Tues. Jan 10 – Tuesday Feb. 14, 19:35 –20:35

From Intro A, you can right into Intro B, another 6-lesson course:

Tues. Feb.20 –Tues. March 24, 19:35-20:35

Which level should you join?

Absolute Beginners:
 Intro A followed by *Intro B, Pilates Basics, Beginning Springboard*

Between 10 and 30 classes:
Intermediate, Intm. Springboard, Wknd Ab Workout

More than a year of regular Pilates practice:
Intm/AdvancedPower Flow

Half Price Equipment Privates?

Our talented equipment trainees will be offering discounted private lessons on Pilates equipment till July 2012. For more information or to book a private with them, email the studio.

New Student?

Sample all of SB's group classes in 1 week for **20 Euro!**

Group Class Deals:

Use up a mat 10 class card quickly to get discounts on immediate renewal:
 Use card in 1 month, get 30€ off next card
 Use card in 2 months, get 10€ off next card

Sonic Embodiment

A powerful flowing class with LIVE music. Alexis, in collaboration with musician Sebastian Janusz, will lead you through a sensory experience - where the body's frequency and the sonic waves of the music merge and move through the space.