



Mobility & Strength in sync — through Pilates

In-person classes: Dubai, UAE

INDIVIDUAL CLASSES

First Class	-----	AED 150
Private 45' session		
Single 1:1	-----	AED 290
Personalised 60' session		
Semi-Private	-----	AED 180
2 people — price per person		
Group Class	-----	AED 100
3-5 people — price per person		
<i>Available as a single session only</i>		

PACKAGES

Flexible schedule — tailored 1:1 sessions

5 Classes	-----	AED 1400
Valid for 1 month		
10 Classes	-----	AED 2600
Valid for 3 months		
20 Classes	-----	AED 4900
Valid for 6 months		
<i>Duo option: AED 2900 per person</i>		

MONTHLY MEMBERSHIP

Fixed weekly schedule — tailored 1:1 sessions

2x / week	-----	AED 1700
Includes 8 sessions. <i>Duo option: AED 1200 per person</i>		
3x / week	-----	AED 2300
Includes 12 sessions. <i>Duo option: AED 1600 per person</i>		




PILATES Mobility & Strength

by Ema Belfinger

PILATES MATWORK CERTIFIED

Book a free session
30' discovery consultation

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