



Mobility & Strength in sync — through Pilates

Online classes

INDIVIDUAL CLASSES

First Class ----- € 25 / AED 100

Private 45' session

Single 1:1 ----- € 45 / AED 190

Personalised 60' session

Semi-Private ----- € 30 / AED 130

2 people — price per person

Group Class ----- € 15 / AED 70

3-5 people — price per person

Available as a single session only

PACKAGES

Flexible schedule — tailored 1:1 sessions

5 Classes ----- € 210 / AED 900

Valid for 1 month

10 Classes ----- € 400 / AED 1750

Valid for 3 months

20 Classes ----- € 760 / AED 3300

Valid for 6 months

Duo option: € 505 / AED 2200 per person

MONTHLY MEMBERSHIP

Fixed weekly schedule — tailored 1:1 sessions

2x / week ----- € 250 / AED 1100

Includes 8 sessions. *Duo option: € 185 / AED 800 per person*

3x / week ----- € 395 / AED 1500

Includes 12 sessions. *Duo option: € 265 / AED 1150 per person*




PILATES Mobility & Strength

by Ema Belfinger

PILATES MATWORK CERTIFIED

Book a free session
30' discovery consultation

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