

Pilates Beginner Reformer

普拉提核心床初班

This beginner Reformer Pilates class is designed for newcomers. It focuses on building core strength, improving posture and alignment, and developing body control, all with the support of safe equipment. No prior fitness experience necessary.

這普拉提核心床初班專為新手設計，著重於在安全設備輔助下鍛鍊核心肌群、改善體態與身體對齊，並提升身體控制能力。無需任何健身經驗即可參與。



Class Code 課程編號	Date 日期	Day 星期	Time 時間	Price 價錢
PI251206	4,11,18/ 12	Thu 星期四	5:00 pm – 6:00 pm	\$1500
PI251207			6:00 pm – 7:00 pm	
PI251213	1,8,15,22,29/ 12	Mon 星期一	7:00 pm – 8:00 pm	\$2500
PI251214			8:00 pm – 9:00 pm	

For further information, please contact Club Bel-Air Reception at Bay Wing (2989 9000)/Peak Wing (2989 6500). Photos are for reference only.
如有查詢，歡迎致電貝沙灣灣畔會所(2989 9000)或朗峰會所(2989 6500)接待處。圖片只供參考。



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