

Group Classes (Pilates Matwork for 5; Trios; Duos on machines)

Pilates Matwork with or without small Pilates equipment for a maximum of 5 people.

Price: CHF 430.00 per trimester (1 class per week)

Trios: Pilates Matwork with or without small Pilates equipment for a maximum of 3 people.

Price: CHF 470.00 per trimester (1 class per week)

Duos on machines: Intermediate or Advanced level Pilates classes for 2 people on Reformer, Cadillac, Wunda Chair or Barrel

Price: CHF 765.00 per trimester (1 class per week).

Matwork Group Classes

Group Classes days and times Champel and Rive (January 2023) :

Monday :

12.30 : Intermediate/Advanced Group Class (Rive)

18.00 : Beginners Group Class (Champel)

Tuesday :

12.30 : Intermediate Group Class (Champel)

Wednesday:

7.30 : Intermediate/Advanced Group Class (Champel)

Thursday :

12.30 : Beginners/Intermediate Group Class (Rive)

13.30 : Intermediate Group Class (Rive)

Conditions for Pilates Matwork for 5, Trios and Duos on machines:

- Maximum 5 people per Pilates Matwork class/ 3 people for “Trios” and 2 people for “duos” on machines .
- The classes are one hour. Please arrive on time, as the warm-up period of the class is very important to avoid injury.
- Please be advised, that due to reduced attendance during the **Genevan public school holidays**, the classes will be closed.
- The months of December and January are counted as one month: the first two weeks of December and the last two weeks of January. There are no classes over the Christmas and New Year period:

1st Trimester: December and January, February, March;

2nd Trimester: April, May and June;

3rd Trimester: September, October and November.

- All classes should be paid for before the beginning of each trimester.
- We ask you to give us a least 2 weeks notice if you decide to stop attending classes.
- **SWISSBODY** reserves the right to postpone or cancel any class that is under subscribed. We will do our best to advise participants of such cancellation or deferment in advance.