

Day one

bootybarre® PLUS

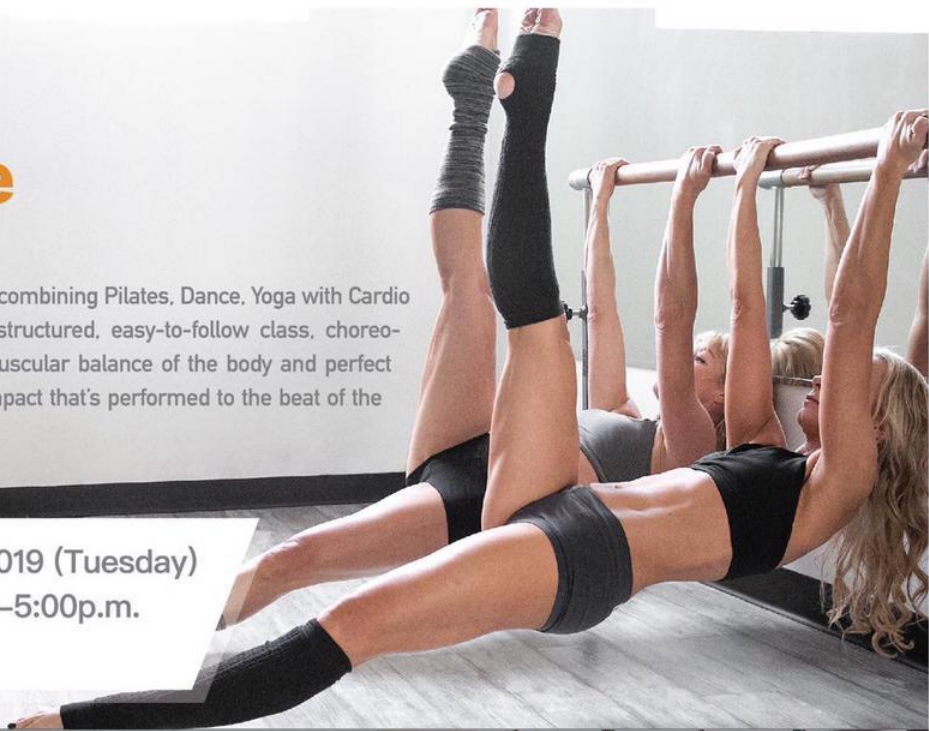
A fun high energy fusion class, combining Pilates, Dance, Yoga with Cardio Intervals at the barre. A well-structured, easy-to-follow class, choreographed into blocks for total muscular balance of the body and perfect flow. bootybarre PLUS is low impact that's performed to the beat of the music and burns mega calories.



Date : 26 Mar, 2019 (Tuesday)

Time : 10:00a.m.–5:00p.m.

Venue : AASFP



Day two

bootybarre® Flex & Flow

A fusion class, that is based on the Pilates principles with movements inspired from exercises on the reformer or trapeze table. The class is performed to the beat of the music utilizing a band for strength training and total body sculpting. Unlike bootybarre plus there are NO cardio intervals, the class is steady state.



Date : 27 MAR, 2019 (Wednesday)

Time : 10:00a.m.–5:00p.m.

Venue : AASFP



Additional Class:

Pilates Master Class: Pilates Flow



Date : 27 MAR, 2019 (Wednesday)

Time : 6:00apm.–8:00p.m.

Venue : AASFP



Member Price:

HK\$380

Regular Price :
HK\$400