



pilates BAHAMAS

Atlantis
(Paradise Island)

Lyford Cay
(Nassau N.P.)



Hours of operation are:

Mon-Fri 8am-7pm

Sat 8am-3pm

*All other bookings are available
by appointment*



Class Schedule:

Mondays 9:15am

Equipment Based

Tuesdays 4pm

Mat & Small Equipment

Wednesdays 9:15am

Mat and Small Equipment

Thursdays 4pm

Equipment Based

Fridays 9:15am

Equipment Based

Saturdays 9:15am

Mat & Small Equipment



Packages

Price List

Private	\$90
Semi-private per person	\$50
3 privates	\$260
Mat class	\$30
Equipment based	\$40
12 privates	\$1020
8 mat classes	\$200
8 Equipment based	\$280

Website: www.pilatesbahamas.com

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