

CLASSES AT THE PAD

906, Onyx Tower 1, The Greens, Dubai

PILATES PRIVATES

PRIVATE SESSIONS / SEMI PRIVATE SESSIONS

Our Private Sessions incorporate the full range of Pilates equipment (Reformer, Cadillac, Chair, MOTR, Bodhi, Pedipul) and are designed to meet *your specific goals*. From Pilates to Functional Training, our Certified Teachers will plan sessions to ensure continuous forward progress towards your predefined fitness goals.

If you enjoy working out with a partner, but still want that personal attention you get in a private, semi-private sessions are the way to go.

GROUP PILATES AND DANCE PACKS

MAT PILATES WITH PROPS

Before moving on to equipment, it's essential to familiarize your body with the Pilates Matwork - the fundamental basis of the Pilates repertoire. In our group classes you will learn correct form, alignment and recognize where your body needs work, in order to gain more from equipment classes. We make use of the magic circle, foam roller, step barrel and Fletcher towel to ensure your classes stay exciting and different.

DANCE CLASSES

The most fun way to get your cardio in for the day. Our 1 hour dance classes include Bollywood Cardio, Contemporary, Hip Hop and Zumba. We start with a 10 minute warm up, moving on to 40 minutes of making you sweat, and 10 minutes to cool your heart rate down.

Whatever your age, we have a dance class for you!

EQUIPMENT PILATES - REFORMER, CHAIR, BODHI

Once you have completed either 10 Group Pilates classes, or 3 private sessions, you can move on to the Equipment Pilates Group Classes in which you will get stronger and leaner, using the ingenious Pilates equipment of Reformer, Chair, Bodhi, Spine Corrector. We recommend 3-4 classes per week.

UNLIMITED EVERYTHING / MONTHLY PASSES

Our signature Unlimited Everything! Pass gives you access to all our group classes at The PAD for one month. Stay in touch with the fundamentals with our Mat Pilates classes, strengthen your body with Equipment Pilates classes, and make sure you're getting your sweat on with our insanely fun dance classes.

In case you want a more cost effective option, you can choose the monthly pass, in which you have unlimited access to all our Mat Pilates with Props and Dance classes, as well as 2 Equipment classes per week (8 classes in a month).

Amazing discounts for all couples who want to stay fit together!

DISCOVER VS REFINE

You will see all our classes labelled either Discover or Refine. If you are new to our studio, we recommend doing at least 3-5 Discover classes of your package, before moving on to Refine classes.

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PAD SPECIALS

PARENTS AND KIDS CLASS

The perfect way to bond with your (8-12 year old) kid! What better way to encourage them to stay fit than to do a fun fitness class with them? This weekend class is a mix of easy Pilates and fun dance, this class kick starts your kid into having a strong core, to ensure they grow up to be strong adults.

POST NATAL MOVEMENT

This class is specially designed for new mom's and their less-than-one-year-old babies. It's impossible to leave your new born at home and find time for fitness, so this class is perfect to keep your baby entertained while you workout with them!

KUNG FU

Kung fu is not just punches and kicks: it is a form of Art. By studying Kungfu you will become a part of a tradition that has been passed down through many generations. Our Masters are the only authorized representatives in UAE for the International Longzhao Gongfu Association which deals exclusively with the diffusion of the traditional styles for over 42 years. Our classes are open for families and kids starting from 5 years old.

DANCE WEEKEND WORKSHOPS

Choreography galore! Whether you love to dance or think you have four left feet, this class is for everyone! Come over a weekend for 2 hours on both Friday and Saturday to learn one full song of a Bollywood or Contemporary choreography. The focus here is the technique and the "swag" - but we guarantee you a good sweat and loads of videos to show off.

MUSIC TOGETHER

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Music Together is an early childhood music and movement program for children ages 1-5 years and their caretakers. Music Together is the essential aid that helps young children learn through fun and holistic classes. It allows them to understand rhythm, develop language, social, physical, emotional and motor skills, while creating a community for the parents and children to thrive in.

VALIDITY

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- Single session/Set of 5 = 1 month
- Set of 10 = 2 months
- Set of 20 = 4 months
- Set of 30 = 6 months
- Unlimited schemes = One month
- Set of 12 (one semester for MT and KF) = 3 months

PRICES AT THE PAD

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PILATES PRIVATES

PRIVATE SESSIONS

Single	400
Set of 5 x 380	1900
Set of 10 x 360	3600
Set of 20 x 340	6800
Set of 30 x 300	9000

SEMI-PRIVATE SESSIONS

Single	270
Set of 5 x 260	1300
Set of 10 x 250	2500
Set of 20 x 240	4800
Set of 30 x 210	6300

GROUP PILATES AND DANCE PACKS

MAT PILATES / DANCE

Single	100
Set of 10 x 80	800
Set of 20 x 70	1400
Unlimited - Individual	999
Unlimited - Couples	1550

EQUIPMENT PILATES/ DANCE

Single	150
Set of 10 x 135	1350
Set of 20 x 120	2400
Unlimited Everything!	1800
Unlimited Everything-Couples	3100

MONTHLY PASS SINGLE
(2X EQ PER WEEK) **1500**

MONTHLY PASS COUPLES
(2X EQ PER WEEK) **2800**

PAD SPECIALS

PARENTS & KIDS CLASS

Single	120
Set of 10 x 110	1100

POST NATAL MOVEMENT

Single	120
Set of 10 x 110	1100

KUNG FU

Single	100
Set of 10 - 1 family member	800
Set of 10 - 2 family members	1100
Set of 10 - 3+ family members	1450

DANCE WEEKEND WORKSHOPS

Single Workshop	100
Single Workshop - Couples	175
Two Workshops a month	175

MUSIC TOGETHER

SOL MI DO 1-5 YEARS

Single	125
Set of 12 (one term)	1450

* VAT is not included
* Validity of each pack differs
* All payments are in advance
* Quarterly packages available on request