

# Start them early.

From a young age, children spend hours at school hunched over in their chairs or in front of screens and plunge into explosive activity without sufficient awareness of the effects on their bodies. Our goal is to address this by sharing the benefits of Pilates in a fun and challenging class.

Introducing the **Junior Pilates Program**, a safe and effective Pilates program for the future generations of Dubai.



## JLT Studio

<b>7-9 year olds</b> Mon. 4pm-5pm 18 Sept.-20 Nov.	<b>10-14 year olds</b> Wed. 4pm-5pm 20 Sept.-22 Nov.
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## Jumeirah Studio

<b>7-9 year olds</b> Sat. 9am-10am 23 Sept.-25 Nov.	<b>10-14 year olds</b> Sat. 10am-11pm 23 Sept.-25 Nov.
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**850 AED per term**

For more information or registration

04 458 5399

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/realpilates