



11 June

MASTER CLASSES PROGRAM

8:00

ADVANCED FLOOR WORKOUT (MAT + TONING BALLS)

With Merete Holtskog

Challenge your posture and limits in this creative advanced Pilates session.

FREE YOUR SPINE (MAT + FOAM ROLLER)

With Ricardo Aguiar

Make your spine flexible and free in this session, with our Osteopath.

CREATIVE FOUNDATION FLOW (REFORMERS + VINYASA TRIANGLE)

With Rubina Fernandes

Enjoy this session creating fluid movements, and feel the pleasure of continued freedom.

9:00

REFINING YOUR MOVEMENT (MAT + STICK)

With Merete Holtskog

Get your movement patterns organized. Are you moving the right way?

BALANCE CHALLENGE CIRCUIT (MAT)

With Ricardo Aguiar

Find your balance, improve your posture and learn how to activate the right muscles at the right time.

POWER HOUSE CONNECTION (REFORMER + STABILITY CHAIR)

With Rubina Fernandes

Connect your muscles from the inside and out and protect your spine and joints.

10:00

MIND BODY CONCENTRATION (MAT + ELASTIC)

With Merete Holtskog

Focus in the moment and bring your mind and body to another level.

ATHLETIC MAT FLOW (MAT + RESISTENCE)

With Ricardo Aguiar

Improve your global capacities and get better in your activity or sport.

ENERGIZE YOUR BODY (REFORMER + JUMPBOARD)

With Rubina Fernandes

Pilates gives you a whole positive experience of a total workout. Enjoy this expansive and energetic class.

#thinkmagenta

11:00

PILATES DYNAMIC (MAT FITBALL)

With Merete Holtskog

Strengthen your whole body in this energizing floor workout.

UPPER BODY RELEASE (MAT + SPIKY BALL)

With Ricardo Aguiar

Feel the freedom of movement as you create mobility in the upper back, shoulders and neck.

CROSS BALANCE STABILITY (REFORMERS +MAGIC CIRCLE)

With Rubina Fernandes

Do all the right movements to create a Powerful support for your entire body.

12:00

FIND AND CHALLENGE YOUR LIMITS (MAT + STABILITY CHAIR)

With Merete Holtskog

Do you want to go further? Don't miss this opportunity to reach your biggest potentials.

MEN DO PILATES TOO! (MAT)

With Ricardo Aguiar

Are you ready to find out how you can improve your overall performance with pilates strength, endurance and flexibility exercises?

RIDE THE WAVE (REFORMER + BOX)

With Rubina Fernandes

Try out the best exercises to keep your core active and healthy.

12:00

COOKING SHOW

With Cátia Gonçalves

15:00

PILATES FLOW (REFORMER + SMALL BALL)

With Merete Holtskog

Encourage wellbeing using the pilates repertoire, incorporating flow, maximizing your range of motion.

HIP FUNCTIONAL MOVEMENT (MAT + SPECIFIC TOOLS)

With Ricardo Aguiar

Stabilized your hips creating mobility and proper movement for pain free hips.

15:00

HEALTHY NECK AND SPINE (MAT + FOAM ROLLER)

With Rubina Fernandes

If you need to release the tightness or discomfort in your neck and spine, this MAT class is perfect for you.

16:00 am

PILATES WORKOUT BASIC (REFORMER + MAT)

With Merete Holtskog

Find out how pilates can contribute to build a healthy, strong and flexible body.

LOWER BODY ACTIVE STRETCHING (MAT + MAGIC CIRCLE)

With Ricardo Aguiar

Restore flexibility and mobility in your lower body with the best stretches for free joints.

CROSS BALANCE STABILITY (REFORMERS +MAGIC CIRCLE)

With Rubina Fernandes

Do all the right movements to create a Powerful support for your entire body.

17:00 am

EMPOWER YOUR STRENGTH WITH PILATES (REFORMER)

With Merete Holtskog

Did you know that pilates gives you a natural total body workout? Join this class and feel the benefit of our pilates equipment.

BUILD A STRONG SPINE (MAT + RESISTENCE)

With Ricardo Aguiar

Work from the inside and out and create a strong base for more quality movement and a healthy spine.

INCREASE YOUR MOBILITY (MAT + SPECIAL EQUIPMENT)

With Rubina Fernandes

How to produce a more effective movement?
Test your training skills - strength, endurance, balance, coordination, mobility and many others.
Find out how they complement each other and lead to a higher performance and quality of life.



Book now

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