

FLEX

INTENSIVES

Intermediate Intensive

CLASSICAL PILATES

Elevate Your Practice

HONG KONG

6 to 8 June 2025

LIMITED SPACES

**REGISTER
NOW!**



Begin Your Journey With Us.

Workshop Fees: HKD 7800

Email enquiries:
programs@flexstudiosg.com

HEATHER THOMAS

Asia's Leading Classical Pilates Educator

Experience authentic Classical Pilates with lead educator Heather Thomas, bringing 20+ years of practice with multiple Pilates experts. Her expertise fosters transformative, lifelong movement improvement.

What Sets Us Apart

Complete Training Manual

- Detailed Intermediate exercise catalog
- Apparatus setup and purpose guides
- Historical context and methodology

Immersive Movement Practice

- Full apparatus circuit training
- Personalized hands-on adjustments
- Guided demonstrations
- Flow sequences across all equipment

Expert Lectures

- Movement principles and concepts
- Historical insights
- Apparatus functionality