

The Pilates Studio Bangkok

Studio owner, Or-yah Avni is the only fully-qualified pilates teacher/trainer in town (she's also a professional pilates-, gyrotonic- and yoga-trainer). Having created this relaxing, high-ceilinged space from scratch, Or-yah's top-quality trainers provide private pilates and gyrotonic machine classes and mat and gyrokinesis classes for large groups (and machine classes for groups of five people). Yoga, fit ball, and pre- and post-natal classes are also available. Do an intensive 15-week course and get an internationally recognised qualification as a Pilates teacher from the New York-based Physical and Mind Institute.

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🌐 pilatesbangkok.com

