

Pilates Academy Arjan Offers Full-Apparatus Classical Pilates in Classes of Five

Reformer, Cadillac, Chair, Fuse Ladder and Matwork under one roof, with instructors who explain the anatomy behind every movement



Dubai, United Arab Emirates Oct 4, 2026 ([Issuewire.com](https://www.Issuewire.com)) - For residents searching for “pilates dubai” or “[pilates studios near me](#)”, Pilates Academy Arjan offers small-group, full-apparatus training in Arjan. **Pilates Academy Arjan** is offering residents of Arjan and nearby Dubai communities a full classical Pilates experience, combining the traditional Pilates apparatus with small-group instruction

capped at five people per class.

Located at Building 88, Shop 05, Al Barsha South Third, Arjan, Dubai, the studio offers Reformer, Cadillac, Chair, Fuse Ladder and Matwork within one space. The small class size allows instructors to observe technique closely, give individual corrections and explain the purpose behind each exercise.

A Complete Classical Pilates Approach

Rather than focusing on the Reformer alone, Pilates Academy Arjan trains clients across the wider classical toolkit. The Reformer is a spring-resistance carriage used for controlled full-body movement. The Cadillac offers supported and adaptable movement options. The Chair challenges stability and functional strength. The Fuse Ladder supports standing and cable-based exercises, and classical Matwork develops core control, breathing and body awareness.

Small Classes and Anatomy-Led Instruction

Every class is limited to five participants. For beginners, this makes the fundamentals easier to learn. For experienced practitioners, closer attention helps refine control and precision.

Instructors explain the anatomy behind each movement, so clients understand why an exercise is performed, not just how. The teaching team includes Oxana and Matt, Reformer and Mat Pilates Instructors; Sajida, Pilates Instructor; and Vivien and Eun Sol, Pilates Instructors who are Prenatal Pilates certified.

Classes are suitable for all fitness levels, beginners are welcome, and the studio also offers Teen Pilates.

Leadership Perspective

“Classical Pilates is not simply about moving through a set of exercises. It is about understanding movement, developing control and learning how the body works together,” said the leadership team at Pilates Academy Arjan. “For people searching for [‘Pilates classes near me’](#), our aim is to create a setting where they can learn properly, receive meaningful individual attention and build their Pilates practice progressively.”

Getting Started

New clients can begin with a trial of three group classes for AED 300, including 5% VAT, valid for two weeks. Group, private and duet training options are also available. Current pricing should be confirmed at the time of booking.

Classes can be booked through Glofox, online or via the app, or by calling or messaging the studio on WhatsApp.

The studio is open Monday to Friday from 7 AM to 10 PM, and Saturday and Sunday from 9 AM to 5 PM. Its location in Arjan is convenient for residents of Al Barsha South, Dubai Hills, Motor City, Dubai Sports City, JVC and JVT.

About Pilates Academy Arjan

Pilates Academy Arjan is a classical Pilates studio at Building 88, Shop 05, Al Barsha South Third, Arjan, Dubai, UAE, offering full-apparatus Pilates on the Reformer, Cadillac, Chair, Fuse Ladder and Matwork, with classes limited to five participants. The studio is a licensed franchise location operated by Atelier Core Body Building Club L.L.C, Dubai Trade Licence 1572381, an independent franchisee of the Pilates Academy brand, Beyond Movement FZCO.

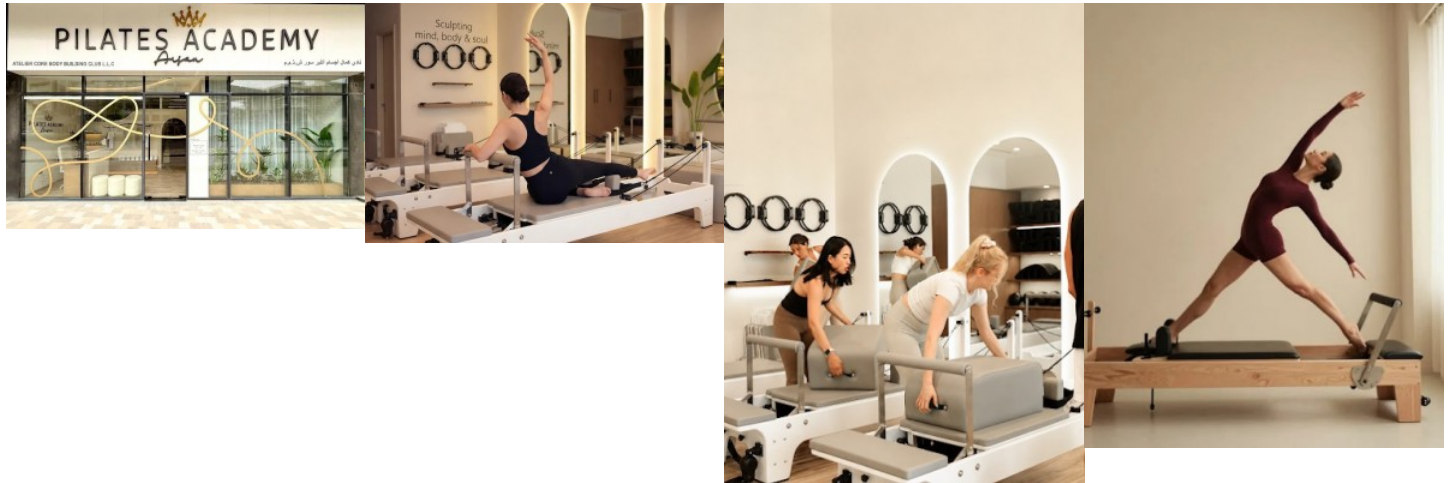
Media Contact

Pilates Academy Arjan

Phone and WhatsApp: +971 56 216 8166

Email: arjan@pilatesacademydubai.com

Website: pilatesarjan.ae



Media Contact

Pilates Academy Arjan

*****@pilatesacademydubai.com

+971 56 216 8166

<http://pilatesarjan.ae/>

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