

CLASS TIMETABLE August 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>MAIN STUDIO</p> <p>10 -11 am Zumba 60 QAR SINGLE</p>	<p>MAIN STUDIO</p> <p>5 - 6 pm Mat Pilates 60 QAR MHEW</p>	<p>MAIN STUDIO</p> <p>6 - 7 pm Power Yoga 60 QAR MIRNA</p>	<p>MAIN STUDIO</p> <p>10 -11 am Zumba 60 QAR SINGLE</p>	<p>MAIN STUDIO</p> <p>6 - 7 pm Afro Fitness 50 QAR RHONA</p>	<p>MAIN STUDIO</p> <p>12:30 - 1:30 pm Muay Thai Yoga CORE, HIPS & SHOULDER 60 min / 60 QAR GHAZAL</p>	<p>MAIN STUDIO</p> <p>12 - 1 pm Muay Thai* FUNDAMENTALS 60 QAR JABER</p>
<p>4 -5 pm Zumba 60 QAR SINGLE</p>	<p>6 - 7 pm Body Tone 60 QAR PRZEMIK</p>	<p>7 - 8 pm Muay Thai BEGINNERS SPARRING & CONDITIONING 60 QAR JABER</p>	<p>5 - 6 pm Zumba 60 QAR SINGLE</p>		<p>1:30 - 2:30 pm Muay Thai INTERMEDIATE & ADVANCED CONDITIONING & SPARRING 60 QAR PED</p>	<p>1 - 2:30 pm Muay Thai TECHNICAL SPARRING 80 QAR PED</p>
<p>5:30 - 6:30 pm Afro Fitness 50 QAR RHONA</p>	<p>7 - 8 pm Hatha Yoga 60 QAR DANIEL</p>	<p>8 - 9 pm Rueda 60 QAR single / 100 QAR couple WALLY</p>	<p>6 - 7 pm HIIT HIGH INTENSITY INTERVAL TRAINING 60 QAR RAFAEL</p>		<p>8 - 9 pm Salsa BEGINNERS 60 QAR CAMILLO</p>	<p>5 - 6 pm Mat Pilates 60 QAR MHEW</p>
<p>6:30 - 7:30 pm Ying Yang Yoga 60 QAR ANASTASIA</p>	<p>8 - 9 pm Muay Thai DRILLS BUILD SKILLS 60 QAR JABER</p>		<p>7 - 8 pm Muay Thai FUNDAMENTALS 60 QAR JABER</p>			<p>6 - 7 pm Yin Yoga 60 QAR ANASTASIA</p>
<p>7:30 - 9 pm Muay Thai ALL LEVELS PADWORK + STRENGTH & CONDITIONING 80 QAR JABER</p>			<p>8 - 9 pm Muay Thai ADVANCED CONDITIONING 60 QAR JABER</p>			<p>7 - 8 pm Salsa IMPROVER 60 QAR CAMILLO</p>
			<p>9 -10 pm Capoiera Doha 50 QAR</p>			<p>8 - 9 pm Salsa INTERMEDIATE 60 QAR (LADIES FREE) CAMILLO</p>
					<p>9 - 10 pm Bachata INTERMEDIATE / ADVANCED 60 QAR CAMILLO</p>	

There will be no Evolve group classes during Eid Al Adha holidays. Exact dates will be announced.
All classes require booking or confirmation in advance via +97444122046 or info@battitudespadoha.com.

INFORMATION

Class Packages

PACKAGES	TOTAL PRICE (QAR)	MASSAGES INCLUDED (with 50% discount*)	VALIDITY
Dancing class package 8 (single)	450	1 Intuitive 60-minute	3 months
Dancing class package 8 (couple)	850	2 Intuitive 60-minute	3 months
Class package 12 (60 QAR, 60 min)	600	2 Intuitive 60-minute	3 months
Class package 10 (all access)	660	2 Intuitive 60-minute	3 months
Class package 20 (all access)	1,300	4 Intuitive 60-minute	3 months
Class package 30 (all access)	1,800	6 Intuitive 60-minute	6 months
Muay Thai Pass 1 month	695	2 Intuitive 60-minute	31 days
Muay Thai Pass 3 months	1,900	2 Intuitive 60-minute	90 days
Muay Thai Pass 6 months	3,600	2 Intuitive 60-minute	180 days

Private Training

TRAINING TYPE	TRAINING MODALITIES	TRAINING DESCRIPTION	60*MIN SESSION (1 PAX**)	PRICE (QR.)
Personal Training	<ul style="list-style-type: none"> High Intensity Interval Conditioning Hypertrophy, Strength, Endurance, Plyometric, and Isometric Training Functional Movements Core Development Dumbbells, Barbells, Kettlebells, TRX 	If you have a fitness goal in mind we can help you achieve it. Advanced Personal Training promises you a complete program in which your goals are our mission. With anything from Weight Loss to Strength Building our trainers will harness their skills to create dynamic workouts to push you to achieve great results.	SINGLE SESSION	300
			6+1	1,700
			12+2	3,250
			24+4	6,200
Specialist Training	<ul style="list-style-type: none"> Sports Conditioning / High Performance Training Dance Calisthenics Muay Thai Yoga Therapy Pre/Post Natal Training 	Specialist Training offers you the unique opportunity to experience elite trainers. With practices ranging from Muay Thai Kickboxing to Yoga Therapy our specialist training will be 100% focused on developing your skills.	SINGLE SESSION	360
			6+1	2,150
			12+2	4,000
			24+4	7,650
VIP MEMBERSHIP	<ul style="list-style-type: none"> Personal / Specialist Training 	Choose from a variety of training modalities for great results!	20	4,250
Holistic Wellnes	<ul style="list-style-type: none"> Wellness Coaching Biomechanics Consultation Cosmic Massage 	Your wellness journey can be planned or supported through holistic wellness training. From post-injury recovery support to Cosmic Massage, our objective is to see you reach Peak Performance and help you achieve mindfulness and sanctity through good wellness practice. Your holistic wellness training will be completely condition or circumstance focused.	SINGLE SESSION	450
			6+1	2,800
			12+2	5,200
			24+4	10,000

Class package (all access) allows clients to attend all classes included in the schedule regardless of their duration and price.

Dancing class packages include dancing classes by Salsa'n' Candela only.

Massages can be availed with 50% discount only in off peak hours: 10.00-12.00 and 20.00-22.00.

The validity of the package and the usage of massages is six (6) months from the date of purchase, and this is not a subject of extending or "freezing".

No discounts are applicable on the packages' pricing, only on single session purchase. Company No-Refund policy applies on the purchase.

Muay Thai Yoga is included in the Muay Thai Passes.

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*All prices are in Qatari Riyals (QAR)

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