

CLASS TIMETABLE December 2017

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	MAIN STUDIO	MAIN STUDIO	SPINNING ROOM	MAIN STUDIO	SPINNING ROOM	MAIN STUDIO	MAIN STUDIO
09:00	Strength Yoga LADIES ONLY	Zumba Chairs LADIES ONLY		Zumba LADIES ONLY		Zumba Chairs LADIES ONLY	Spinning
09:30	ADRIANA 75 min 60 QAR	ADRIANA 60 min 60 QAR		ELISABETA 60 min 60 QAR		ADRIANA 60 min 60 QAR	TAREK 60 min 75 QAR
10:00							
10:30	Zumba LADIES ONLY	Restorative Yoga & Nidra Meditation LADIES ONLY		In Trinity Pilates ALL LEVELS LADIES ONLY		Restorative Yoga & Nidra Meditation LADIES ONLY	Vinyasa Yoga LOWER BACK, GLUTES, INNERTHIGHS ALL LEVELS
11:00	ADRIANA / ELISABETA 60 min 60 QAR	ADRIANA 90 min 60 QAR		LEYLA 60 min 75 QAR		ADRIANA 90 min 60 QAR	GHAZAL 60 min 60 QAR
11:30							Muay Thai * TECHNICAL SPARRING ALL LEVELS
12:00							
12:30							PED 90 min 80 QAR
13:00							
15:00							Kids Muay Thai age 4-9 ALL LEVELS
15:30		Kids Muay Thai age 4-6 ALL LEVELS JABER 30 min 30 QAR					INIGIO 60 min 60 QAR
16:00		Kids Muay Thai age 7-9 ALL LEVELS JABER 60 min 60 QAR					
16:30							
17:00	Zumba LADIES ONLY	Mat Pilates MIXED LEVELS		Bootcamp		Cardio Pilates ALL LEVELS	Mat Pilates MIXED LEVELS
17:30	ELISABETA 60 min 60 QAR	MHEW 60 min 60 QAR		SRDJAN 60 min 60 QAR		LEYLA 60 min 60 QAR	MHEW 60 min 60 QAR
18:00	YOGA VINYASA FLOW	Zumba LADIES ONLY		YOGA VINYASA FLOW			
18:30	MARINA 60 min 70 QAR	ELISABETA 60 min 60 QAR	Spinning	MARINA 60 min 70 QAR	Spinning		
19:00	Muay Thai INTRO BEGINNERS JABER 30min 30QAR	Yoga	ROXY 60 min 75 QAR	Muay Thai SPARRING & CONDITIONING BEGINNERS	ROXY 60 min 75 QAR	Muay Thai MUAY THAI FUNDAMENTALS	
19:30	Muay Thai ALL LEVELS PADWORK MT STRENGTH & CONDITIONING	GHAZAL 60 min 60 QAR		JABER 60 min 60 QAR		JABER 60 min 60 QAR	
20:00						Muay Thai INTERMEDIATE & ADVANCED CONDITIONING & PADS	
20:30	PED 90 min 80 QAR					PED 60 min 60 QAR	
21:00	Capoiera Doha					Capoiera Doha	
21:30							
22:00	90 min 50 QAR					90 min 50 QAR	

All classes require booking or confirmation in advance via +97444122046 or info@battitudespadoha.com. | Spinning and In-Trinity classes require advance booking by SMS to 33198631. Adriana's classes will finish by December 12, 2017 and resume in January 2018. Elisabeta will substitute her zumba classes. | Marina's Yoga class will stop from December 15. | Evolve classes will not be held on December 18, 24 and 25.

INFORMATION

PACKAGES	TOTAL PRICE (QAR)	MESSAGES INCLUDED (with 50% discount*)	VALIDITY
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

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

Dancing class package 12 includes dancing classes 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.

PRIVATE TRAINING SESSIONS AT B/ATTITUDE

PARTICIPANTS	60 MIN SESSIONS					90 MIN SESSIONS	
	1	2	3	4	5	1	2

SESSIONS*

1	350	450	600	675	720	475	650
6 (+1 free)	2.000	3.000	4.000	4.500	4.800	2.800	3.700
12 (+2 free)	3.850	5.700	7.500	8.500	9.100	5.200	6.900
24 (+4 free)	7.300	10.500	14.000	15.750	16.800	10.000	13.000

*All prices are in Qatari Riyals (QAR)

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B/ATTITUDE Doha
Beverly Hills Tower, 2nd floor
P.O. Box 15068
Doha, Qatar

Telephone: +974 4412 2046, +974 3319 8631

E-mail: info@battitudespadoha.com

Website: www.battitudespadoha.com