

CLASS TIMETABLE February 2018

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	MAIN STUDIO	MAIN STUDIO	SPINNING ROOM	MAIN STUDIO	MAIN STUDIO	SPINNING ROOM	MAIN STUDIO	MAIN STUDIO
09:00	Strength Yoga LADIES ONLY	Zumba Chairs LADIES ONLY			Detox Yoga LADIES ONLY			
09:30	ADRIANA 75 min 60 QAR	ADRIANA 60 min			ADRIANA 75 min 60 QAR			
10:00								
10:30	Zumba LADIES ONLY	Restorative Yoga & Nidra Meditation LADIES ONLY			Zumba LADIES ONLY			
11:00	ADRIANA 60 min 60 QAR	ADRIANA 90 min 60 QAR			ADRIANA 60 min 60 QAR			
11:30								
12:00								
12:30								
13:00								
13:30								
14:00								
14:30								
15:00								
15:30		Kids Muay Thai age 4-6 INIGO 30 QAR						
16:00		Kids Muay Thai age 7-9 ALL LEVELS						
16:30		INIGO 60 QAR						
17:00		Mat Pilates						
17:30	Yin/Yang Yoga	MHEW 60 QAR		Slow Flow Yoga				
18:00		Body Tone		ANASTASIA 60 QAR				
18:30	ANASTASIA 80 QAR	NADINE 60 QAR	Spinning	Bulletproof MHEW 45 QAR	MIRNA 60 QAR			
19:00	Bulletproof MHEW 45 QAR	Yoga	ROXY 60 min 75 QAR	Muay Thai SPARRING & CONDITIONING BEGINNERS	Muay Thai FUNDAMENTALS			
19:30	Muay Thai ALL LEVELS PADWORK + STRENGTH & CONDITIONING	DANIEL 60 QAR		JABER 60 QAR	JABER 60 QAR			
20:00				Salsa ADVANCED	Muay Thai INTERMEDIATE & ADVANCED CONDITIONING & PADS			
20:30	PED 80 QAR			CAMILLO 60 QAR	PED 60 QAR			
21:00	Capoiera Doha			Bachata BEGINNERS	Capoiera Doha			
21:30				CAMILLO 60 QAR				
22:00	50 QAR				50 QAR			

All classes require booking or confirmation in advance via +97444122046 or info@battitudespadoha.com. Spinning classes require advance booking by SMS to 33198631, last spin class is Feb 21. Salsa / Bachata /Tango beginner classes are free for the first time.

INFORMATION

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
Muay Thai Deluxe pass - 1 month	740	2 bulletproof classes 30 min	31 day

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.

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

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*All prices are in Qatari Riyals (QAR)

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