

CLASS TIMETABLE April 2018

	SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY
	MAIN STUDIO	SPINNING ROOM	MAIN STUDIO	SPINNING ROOM	MAIN STUDIO	MAIN STUDIO	MAIN STUDIO	MAIN STUDIO	MAIN STUDIO	MAIN STUDIO	MAIN STUDIO	MAIN STUDIO	
09:00	Strength Yoga LADIES ONLY		Chairs and more LADIES ONLY				Detox Yoga LADIES ONLY		Chairs and more LADIES ONLY				
09:30	ADRIANA 75 min 60 QAR		ADRIANA 60 min						ADRIANA 60 min				
10:00							BUP - Brazilian Fitness Dance LADIES ONLY						
							ISABELLE / JACKELINE 60 QAR						
10:30	Zumba LADIES ONLY		Restorative Yoga & Nidra Meditation LADIES ONLY				Zumba LADIES ONLY		Restorative Yoga & Nidra Meditation LADIES ONLY		Muay Thai Yoga CORE, HIPS & SHOULDER - ALL LEVELS GHAZAL 60 min 60 QAR		
11:00	ADRIANA 60 min 60 QAR						ADRIANA 60 min 60 QAR						
11:30			ADRIANA 90 min 60 QAR						ADRIANA 90 min 60 QAR		Muay Thai INTERMEDIATE & ADVANCED CONDITIONING & PADS PED 60 min 60 QAR	Vinyasa Yoga	
12:00												Muay Thai* FUNDAMENTALS	
12:30												JABER 60 QAR	
13:00													Muay Thai TECHNICAL SPARRING
13:30													
14:00													PED 80 QAR
14:30													
15:00													Kids Muay Thai age 4-9 ALL LEVELS
15:30			Kids Muay Thai age 4-6 INIGO 30 QAR										INIGO 60 QAR
16:00			Kids Muay Thai age 7-9 ALL LEVELS										
16:30			INIGO 60 QAR										
17:00			Mat Pilates				Hiit						Mat Pilates
17:30	Yin/Yang Yoga STRONG VINYASA FOLLOWED BY RELAXING STRETCHING		MHEW 60 QAR				RAFAEL 60 QAR						MHEW 60 QAR
18:00			Body Tone			Slow Flow Vinyasa Yoga FOR STRENGTH AND FLEXIBILITY	Vinyasa Yoga						Yin Yoga STRECH AND RELAX
18:30	ANASTASIA 80 QAR	Bulletproof DEVELOP YOUR BODY'S ARMOR 45 min 45 QAR	NADINE 60 QAR			ANASTASIA 60 QAR	MIRNA 60 QAR						ANASTASIA 60 QAR
19:00			Yoga			Muay Thai SPARRING & CONDITIONING BEGINNERS JABER 60 QAR	Muay Thai MUAI THAI FUNDAMENTALS JABER 60 QAR				Bachata BEGINNERS CAMILLO 60 QAR	Salsa IMPROVER CAMILLO 60 QAR	
19:30	Muay Thai ALL LEVELS PADWORK + STRENGTH & CONDITIONING		DANIEL 60 QAR								Salsa BEGINNERS CAMILLO 60 QAR	Salsa INTERMEDIATE CAMILLO 60 QAR	
20:00			Muay Thai DRILLS BUILD SKILLS DON 60 QAR	Meditation DANIEL 60 QAR			Muay Thai INTERMEDIATE & ADVANCED CONDITIONING & PADS PED 60 QAR						
20:30	PED 80 QAR												
21:00	Capoiera Doha						Capoiera Doha				Tango BEGINNERS CAMILLO 60 QAR	Bachata INTERMEDIATE / ADVANCED CAMILLO 60 QAR	
21:30													
22:00	50 QAR						50 QAR						

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

Private Training

TRAINING TYPE	TRAINING MODALITIES	TRAINING DESCRIPTION	60*MIN SESSION (1 PAX**)	PRICE (Q.R.)
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.

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

*All prices are in Qatari Riyals (QAR)

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