

CLASS TIMETABLE March 2018

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	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 75 min 60 QAR	ADRIANA 60 min		
10:00						Muay Thai Yoga CORE, HIPS & SHOULDER - ALL LEVELS	
10:30	Zumba LADIES ONLY	Restorative Yoga & Nidra Meditation LADIES ONLY		Zumba LADIES ONLY	Restorative Yoga & Nidra Meditation LADIES ONLY	GHAZAL 60 min 60 QAR	
11:00	ADRIANA 60 min 60 QAR			ADRIANA 60 min 60 QAR		Muay Thai INTERMEDIATE & ADVANCED CONDITIONING & PADS	Vinyasa Yoga
11:30		ADRIANA 90 min 60 QAR			ADRIANA 90 min 60 QAR	PED 60 min 60 QAR	GHAZAL 60 QAR
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		Kalorie Killer			Mat Pilates
17:30		MHEW 60 QAR	Slow Flow Yoga	CHANEL 60 QAR			MHEW 60 QAR
18:00	Yin/Yang Yoga	Body Tone	ANASTASIA 60 QAR	Vinyasa Yoga			Yin Yoga
18:30	ANASTASIA 60 QAR	NADINE 60 QAR	Bulletproof MHEW 45 QAR	MIRNA 60 QAR			ANASTASIA 60 QAR
19:00	Bulletproof MHEW 45 QAR	Yoga	Muay Thai SPARRING & CONDITIONING BEGINNERS	Muay Thai MUAI THAI FUNDAMENTALS		Bachata BEGINNER	Salsa IMPROVER
19:30	Muay Thai ALL LEVELS PADWORK + STRENGTH & CONDITIONING	DANIEL 60 QAR	JABER 60 QAR	JABER 60 QAR		CAMILLO 60 QAR	CAMILLO 60 QAR
20:00				Muay Thai INTERMEDIATE & ADVANCED CONDITIONING & PADS		Salsa BEGINNER	Salsa INTERMEDIATE
20:30	PED 80 QAR			PED 60 QAR		CAMILLO 60 QAR	CAMILLO 60 QAR
21:00	Capoiera Doha			Capoiera Doha		Tango BEGINNER	Bachata INTERMEDIATE / ADVANCED
21:30						CAMILLO 60 QAR	CAMILLO 60 QAR
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.

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*All prices are in Qatari Riyals (QAR)

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