

CLASS TIMETABLE July 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>MAIN STUDIO</p> <p>5:00 - 6:00 pm</p> <p>Vinyasa Yoga FOR STRENGTH AND FLEXIBILITY</p> <p>60 QAR SONAM</p>	<p>MAIN STUDIO</p> <p>5 - 6 pm</p> <p>Mat Pilates</p> <p>60 QAR MHEW</p>	<p>MAIN STUDIO</p> <p>6 - 7 pm</p> <p>Hatha Yoga BEGINNERS</p> <p>60 QAR PARUL</p>	<p>MAIN STUDIO</p> <p>6 - 7 pm</p> <p>Vinyasa Yoga FOR STRENGTH AND FLEXIBILITY</p> <p>60 QAR MIRNA</p>	<p>MAIN STUDIO</p> <p>6 - 7 pm</p> <p>Afro Fitness</p> <p>50 QAR RHONA</p>	<p>MAIN STUDIO</p> <p>10 - 11 am</p> <p>Muay Thai Yoga CORE, HIPS & SHOULDER</p> <p>60 min / 60 QAR MIRNA</p>	<p>MAIN STUDIO</p> <p>11 - 12 pm</p> <p>Vinyasa Yoga</p> <p>60 QAR MIRNA</p>
<p>7:30 - 9 pm</p> <p>Muay Thai ALL LEVELS PADWORK + STRENGTH & CONDITIONING</p> <p>80 QAR JABER</p>	<p>6 - 7 pm</p> <p>Body Tone</p> <p>60 QAR NADINE</p>	<p>7 - 8 pm</p> <p>Muay Thai BEGINNERS SPARRING & CONDITIONING</p> <p>60 QAR JABER</p>	<p>7 - 8 pm</p> <p>Muay Thai FUNDAMENTALS</p> <p>60 QAR JABER</p>		<p>11 - 12 pm</p> <p>Muay Thai INTERMEDIATE & ADVANCED CONDITIONING & PADS</p> <p>60 QAR AMINA</p>	<p>12 - 1 pm</p> <p>Muay Thai* FUNDAMENTALS</p> <p>60 QAR JABER</p>
	<p>7 - 8 pm</p> <p>Yoga</p> <p>60 QAR DANIEL</p>	<p>8 - 9 pm</p> <p>Rueda</p> <p>60 QAR single / 100 QAR couple WALLY</p>	<p>8 - 9 pm</p> <p>Muay Thai INTERMEDIATE & ADVANCED CONDITIONING & PADS</p> <p>60 QAR AMINA</p>		<p>7 - 8 pm</p> <p>Bachata BEGINNERS</p> <p>60 QAR CAMILLO</p>	<p>1 - 2:30 pm</p> <p>Muay Thai TECHNICAL SPARRING</p> <p>80 QAR AMINA</p>
	<p>8 - 9 pm</p> <p>Muay Thai DRILLS BUILD SKILLS</p> <p>60 QAR JABER</p>		<p>8 - 9 pm</p> <p>Capoiera Doha</p> <p>50 QAR</p>		<p>8 - 9 pm</p> <p>Salsa BEGINNERS</p> <p>60 QAR CAMILLO</p>	<p>5 - 6 pm</p> <p>Mat Pilates</p> <p>60 QAR MHEW</p>
					<p>9 - 10 pm</p> <p>Tango BEGINNERS</p> <p>60 QAR CAMILLO</p>	<p>6 - 7 pm</p> <p>Ayurveda Yoga</p> <p>60 QAR SONAM</p>
						<p>7 - 8 pm</p> <p>Salsa INTERMEDIATE</p> <p>60 QAR CAMILLO</p>
						<p>8 - 9 pm</p> <p>Salsa IMPROVER</p> <p>60 QAR CAMILLO</p>
						<p>9 - 10 pm</p> <p>Bachata INTERMEDIATE / ADVANCED</p> <p>60 QAR CAMILLO</p>

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)

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