

CLASS TIMETABLE January 2018

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
	MAIN STUDIO	MAIN STUDIO	SPINNING ROOM	MAIN STUDIO	SPINNING ROOM	MAIN STUDIO	MAIN STUDIO	SPINNING ROOM	MAIN STUDIO
09:00	Strength Yoga LADIES ONLY	Zumba Chairs LADIES ONLY			Detox Yoga LADIES ONLY		Zumba Chairs LADIES ONLY		Spinning
09:30	ADRIANA 75 min 60 QAR	ADRIANA 60 min 60 QAR			ADRIANA 75 min 60 QAR		ADRIANA 60 min 60 QAR		TAREK 60 min 75 QAR
10:00							Muay Thai Yoga CORE, HIPS & SHOULDER ALL LEVELS 60 min 60 QAR		
10:30	Zumba LADIES ONLY	Restorative Yoga & Nidra Meditation LADIES ONLY		Morning Yoga Flow ALL LEVELS	Zumba LADIES ONLY		Restorative Yoga & Nidra Meditation LADIES ONLY		Vinyasa Yoga LOWER BACK, GLUTES, INNER THIGHS ALL LEVELS 60 min 60 QAR
11:00					ADRIANA 60 min 60 QAR		ADRIANA 90 min 60 QAR		GHAZAL 60 min 60 QAR
11:30	ADRIANA 60 min 60 QAR	ADRIANA 90 min 60 QAR		DANIEL 60 min 60 QAR					Muay Thai * TECHNICAL SPARRING ALL LEVELS 60 min 60 QAR
12:00									
12:30									PED 90 min 80 QAR
13:00									
15:00									Kids Muay Thai age 4-9 ALL LEVELS 60 min 60 QAR
15:30		Kids Muay Thai age 4-6 INIGO 30 min 30 QAR							INIGO 60 min 60 QAR
16:00		Kids Muay Thai age 7-9 ALL LEVELS 60 min 60 QAR							
16:30		INIGO 60 min 60 QAR							
17:00		Mat Pilates			Kalorie Killer				Mat Pilates
17:30		MHEW 60 min 60 QAR			CHANEL 60 min 60 QAR				MHEW 60 min 60 QAR
18:00	YOGA VINYASA FLOW	Zumba LADIES ONLY		Zumba LADIES ONLY	Zumba LADIES ONLY				Zumba LADIES ONLY
18:30	MARINA 60 min 70 QAR	ELISABETA 60 min 60 QAR	Spinning	ELISABETA 60 min 60 QAR	ELISABETA 60 min 60 QAR	Spinning			ELISABETA 60 min 60 QAR
19:00	Muay Thai INTRO BEGINNERS CLASS JABER 30min 30QAR	Yoga	ROXY 60 min 75 QAR	Muay Thai SPARRING & CONDITIONING BEGINNERS	ROXY 60 min 75 QAR	Muay Thai MUAY THAI FUNDAMENTALS	ROXY 60 min 75 QAR		Tango BEGINNERS
19:30	Muay Thai ALL LEVELS PADWORK MT STRENGTH & CONDITIONING	DANIEL 60 min 60 QAR		JABER 60 min 60 QAR	JABER 60 min 60 QAR				CAMILLO 60 min 60 QAR
20:00		Salsa BEGINNERS		Salsa ADVANCED		Muay Thai INTERMEDIATE & ADVANCED CONDITIONING & PADS			Salsa BEGINNERS
20:30	PED 90 min 80 QAR	CAMILLO 60 min 60 QAR		CAMILLO 60 min 60 QAR		PED 60 min 60 QAR			CAMILLO 60 min 60 QAR
21:00	Capoiera Doha	Salsa INTERMEDIATE 1		Bachata BEGINNERS		Capoiera Doha			Bachata INTERMEDIATE & ADVANCED
21:30		CAMILLO 60 min 60 QAR		CAMILLO 60 min 60 QAR					CAMILLO 60 min 60 QAR
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, Yoga (Monday) and In-Trinity classes require advance booking by SMS to 33198631. Spinning will resume on January 8. Adriana will resume classes on January 7. Kids Muay thai will start on January 13. Salsa/Bachata/Tango beginner classes are free for the first time.

INFORMATION

PACKAGES	TOTAL PRICE (QAR)	MESSAGES 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

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

*All prices are in Qatari Riyals (QAR)

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