

# CLASS TIMETABLE May 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MAIN STUDIO   9:00-10:15 Yoga - Beginners 65 QAR   ADRIANA	MAIN STUDIO   9:00-10:15 Latin Fitness 65 QAR   ADRIANA	MAIN STUDIO   9:00 -10:30 Yoga - Beginners 65 QAR   ADRIANA	MAIN STUDIO   9:00-10:15 Yoga - Mixed Levels 65 QAR   ADRIANA	MAIN STUDIO   9:00-10:15 Latin Fitness 65 QAR   ADRIANA	MAIN STUDIO   8:00 - 10:00 Mysore Yoga Practice 85 QAR   DANI FERNANDEZ	MAIN STUDIO   9:00 - 10:00 Full Body Burn (Ladies) 60 QAR   VERONICA
MAIN STUDIO   10:30 - 11:30 Zumba 60 QAR   ADRIANA	MAIN STUDIO   10:30 - 12:00 Yoga - Mixed levels 70 QAR   ADRIANA	MAIN STUDIO   10:30-11:30 Oriental Dance 60 QAR   WAFA	MAIN STUDIO   10:30 - 11:30 Zumba 60 QAR   ADRIANA	MAIN STUDIO   10:30 - 12:00 Restorative Yoga 70 QAR   ADRIANA	MAIN STUDIO   10:30 - 12:00 Ashtanga Yoga Workshop 125 QAR   DANI FERNANDEZ	MAIN STUDIO   10:30 - 12:00 Ashtanga Yoga 85 QAR   DANI FERNANDEZ
MAIN STUDIO   15:30 - 16:45 Yoga Recharge Week   MAY 12 ONLY 5 DAY COURSE 295 QAR	MAIN STUDIO   15:30 - 16:00 Kids Muay Thai (Age 4-6) 35 QAR   INIGO	MAIN STUDIO   15:30 - 16:45 Yoga Recharge Week   MAY 14 ONLY 5 DAY COURSE 295 QAR	MAIN STUDIO   15:30 - 16:45 Yoga Recharge Week   MAY 15 ONLY 5 DAY COURSE 295 QAR	MAIN STUDIO   15:30 - 16:45 Yoga Recharge Week   MAY 16 ONLY 5 DAY COURSE 295 QAR	MAIN STUDIO   12:30 - 13:30 Muay Thai Yoga (Vinyasa) 70 QAR   GHAZAL	MAIN STUDIO   12:00 -13:00 Muay Thai - Fundamentals 70 QAR   JABER
MAIN STUDIO   17:30 - 19:00 Yin Yang Yoga 85 QAR   ANASTASIA	MAIN STUDIO   15:30 - 16:45 Yoga Recharge Week   MAY 13 ONLY 5 DAY COURSE 295 QAR	MAIN STUDIO   16:00 - 17:00 Vinyasa Yoga 70 QAR   ANASTASIA	MAIN STUDIO   17:00 - 18:00 Mat Pilates 70 QAR   AILENE	MAIN STUDIO   17:00 - 18:30 Ashtanga Yoga 85 QAR   DANI FERNANDEZ	MAIN STUDIO   13:30 - 14:30 Muay Thai Padwork Drills 70 QAR   SID	MAIN STUDIO   13:00 -14:30 Muay Thai Technical Sparring 85 QAR   SID
SPINNING ROOM   18:30 - 19:15 Spinning 60 QAR   PRZEMEK	MAIN STUDIO   16:00 - 17:00 Kids Muay Thai (Age 7-9) 70 QAR   INIGO	MAIN STUDIO   17:00 - 18:00 Strong by Zumba 70 QAR   KAYE	MAIN STUDIO   18:00 - 19:00 High Intensity Interval Training 70 QAR   PRZEMEK	MAIN STUDIO   18:30-19:30 Oriental Dance 60 QAR   WAFA	MAIN STUDIO   19:00 - 20:00 Salsa - Newcomers 60 QAR   CAMILLO	MAIN STUDIO   14:30 - 15:00 Stretching 35 QAR   JULIA
MAIN STUDIO   19:00 - 20:30 Muay Thai Padwork & Conditioning 85 QAR   JABER	MAIN STUDIO   17:00 - 18:00 Mat Pilates 70 QAR   MHEW	SPINNING ROOM   17:00 - 18:00 Full Body Burn (Ladies) 60 QAR   VERONICA	MAIN STUDIO   19:00 - 20:00 Muay Thai - Fundamentals 70 QAR   JABER	MAIN STUDIO   20:00 - 21:00 Muay Thai Explosive Drills 70 QAR   SID	MAIN STUDIO   20:00 - 21:00 Salsa - Beginner 60 QAR   CAMILLO / AMMAR	MAIN STUDIO   15:00 - 16:00 Kids Muay Thai (Age 4-9) 70 QAR   INIGO
	SPINNING ROOM   17:00 - 18:00 Full Body Burn (Mixed) 60 QAR   VERONICA	MAIN STUDIO   19:00 - 20:00 Muay Thai Beginners - Sparring 70 QAR   JABER	MAIN STUDIO   20:00 - 21:00 Muay Thai Technical Drills 70 QAR   SID			MAIN STUDIO   16:00 - 17:00 Full Body Burn (Mixed) 60 QAR   VERONICA
	MAIN STUDIO   18:00 - 19:00 Body Tone 70 QAR   PRZEMEK	SPINNING ROOM   19:30 - 20:15 Spinning 60 QAR   PRZEMEK				MAIN STUDIO   17:00 - 18:00 Mat Pilates 70 QAR   MHEW
	SPINNING ROOM   18:00 - 20:00 Mysore Yoga Practice 85 QAR	MAIN STUDIO   20:00 - 21:00 Bikini Body (Ladies Only) 70 QAR   AYAH				MAIN STUDIO   18:00 - 19:00 Yin Yoga 70 QAR   ANASTASIA
	MAIN STUDIO   19:00 - 20:00 Muay Thai Drills 70 QAR   JABER					MAIN STUDIO   19:00 - 20:00 Salsa - Improver 60 QAR   CAMILLO
	MAIN STUDIO   20:00 - 21:00 Yoga Stretching 70 QAR   JULIA					MAIN STUDIO   20:00 - 21:00 Salsa - Intermediate 60 QAR (Ladies Free)   CAMILLO
						MAIN STUDIO   21:00 - 22:00 Bachata - Intermediate / Advanced 60 QAR   CAMILLO

Spinning bikes are limited so advance booking is obligatory.

Adriana's classes on May 5 and May 6 are cancelled. Adriana's classes are held until June 5 and resumed in September.

Mysore is Ashtanga based assisted self-practice yoga class. You can come practice any time from 6-8PM on Tuesdays.

Yoga Recharge week consists of: Ashtanga Yoga, Hatha Yoga, Detox Vinyasa Yoga, Piloga, Yin Yoga.

Ashtanga Yoga Workshops by Dani Fernandez on Saturdays: May 17th - Visual Energy and Fluid breath, May 24th - Finding stability for mobility. Price is 125 qar for one workshop and 220 qar for both workshops.

All other classes require confirmation via +97444122046 or info@battitudespadoha.com.

## INFORMATION

### Class Packages

PACKAGES	TOTAL PRICE (QAR)	MESSAGES INCLUDED (with 50% discount*)	VALIDITY
Class Package 10 (All Access)	600,00	1 Intuitive Massage 60 Min	2 Months
Class Package 20 (All Access)	1.200,00	2 Intuitive Messages 60 Min	3 Months
Class Package 30 (All Access)	1.740,00	3 Intuitive Messages 60 Min	4 Months
Unlimited Access Evolve Pass 1 Month	750,00	1 Intuitive Massage 60 Min	31 Day
Unlimited Access Evolve Pass 3 Months	1.999,00	2 Intuitive Messages 60 Min	90 Days
Unlimited Access Evolve Pass 6 Months	3.900,00	3 Intuitive Messages 60 Min	180 Days
Unlimited Access Evolve Pass 1 Year	6.600,00	6 Intuitive Messages 60 Min	365 Days
Muay Thai Pass 1 Month	695,00	1 Intuitive Massage 60 Min	31 Day
Muay Thai Pass 3 Months	1.900,00	2 Intuitive Messages 60 Min	90 Days
Muay Thai Pass 6 Months	3.600,00	3 Intuitive Messages 60 Min	180 Days
Muay Thai Pass 1 Year	6.300,00	6 Intuitive Messages 60 Min	365 Days
Candela Class Package 8 (Single)	450,00	1 Intuitive Massage 60 Min	3 Months
Candela Class Package 8 (Couple)	850,00	2 Intuitive Messages 60 Min	3 Months

### Gym & Pool Access

PACKAGES	PRICE (QAR)
1 Month	500,00
3 Months	1.350,00
6 Months	2.400,00
12 Months	4.200,00

Class package (all access) allows clients to attend all classes.  
 Candela class package is valid for Friday and Saturday dancing classes.  
 Validity of the packages and message discounts is as mentioned and not a subject of freezing or extension.  
 No discounts or promotions are applicable on the package pricing.  
 No refund policy applies on the purchases, only exchange in prepaid cards.

### Private Training

TRAINING TYPE	TRAINING MODALITIES	TRAINING DESCRIPTION	TRAINING SESSION (60 MIN)	PRICE (QAR.)
<b>Personal Training</b>	<ul style="list-style-type: none"> <li>High Intensity Interval</li> <li>Conditioning</li> <li>Hypertrophy, Strength, Endurance, Plyometric, and Isometric Training</li> <li>Functional Movements</li> <li>Core Development</li> <li>Dumbbells, Barbells, Kettlebells, TRX</li> </ul>	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	300,00
			6+1	1.700,00
			12+2	3.250,00
			24+4	6.200,00
<b>Specialist Training</b>	<ul style="list-style-type: none"> <li>Sports Conditioning / High Performance Training</li> <li>Dance</li> <li>Calisthenics</li> <li>Muay Thai</li> <li>Yoga Therapy</li> <li>Pre/Post Natal Training</li> </ul>	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	360,00
			6+1	2.150,00
			12+2	4.000,00
			24+4	7.650,00
<b>VIP MEMBERSHIP</b>	<ul style="list-style-type: none"> <li>Personal / Specialist Training</li> </ul>	Choose from a variety of training modalities for great results!	20	4.250,00
<b>Holistic Wellnes</b>	<ul style="list-style-type: none"> <li>Wellness Coaching</li> <li>Biomechanics Consultation</li> <li>Cosmic Massage</li> </ul>	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	450,00
			6+1	2.800,00
			12+2	5.200,00
			24+4	10.000,00