

CLASS TIMETABLE May / June 2018

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	MAIN STUDIO	MAIN STUDIO	10:15-11:30	MAIN STUDIO	MAIN STUDIO	MAIN STUDIO	MAIN STUDIO
09:00	Strength Yoga LADIES ONLY ADRIANA 75 min 60 QAR	Chairs and more LADIES ONLY ADRIANA 60 min 60 QAR		Detox Yoga LADIES ONLY ADRIANA 75 min 60 QAR	Chairs and more LADIES ONLY ADRIANA 60 min 60 QAR		
09:30			BUP - Brazilian Fitness Dance LADIES ONLY ISABELLE / JACKELINE 60 QAR				
10:00						Muay Thai Yoga CORE, HIPS & SHOULDER - ALL LEVELS GHAZAL 60 min 60 QAR	
10:30	Zumba LADIES ONLY ADRIANA 60 min 60 QAR	Restorative Yoga & Nidra Meditation LADIES ONLY ADRIANA 90 min 60 QAR		Zumba LADIES ONLY ADRIANA 60 min 60 QAR	Restorative Yoga & Nidra Meditation LADIES ONLY ADRIANA 90 min 60 QAR	Muay Thai INTERMEDIATE & ADVANCED CONDITIONING & PADS PED 60 QAR	Vinyasa Yoga GHAZAL 60 QAR
11:00							
11:30							
12:00						Zumba FERAS 60 min 60 QAR	Muay Thai* FUNDAMENTALS JABER 60 QAR
12:30							
13:00							Muay Thai TECHNICAL SPARRING PED 80 QAR
13:30							
14:00	Dance (Hip-Hop, Age 4-6) GROUP M1 (6 MAY - 14 JUNE) 45 min 75 QAR						
14:30	Dance (Hip-Hop, Age 7-9) GROUP M2 (6 MAY - 14 JUNE) 60 min 75 QAR						
15:00	BOUNCE FITNESS	Kids Muay Thai age 4-6 INIGO 30 QAR					Kids Muay Thai age 4-9 ALL LEVELS INIGO 60 QAR
15:30		Kids Muay Thai age 7-9 ALL LEVELS INIGO 60 QAR					
16:00			Vinyasa Yoga FOR STRENGTH AND FLEXIBILITY ANASTASIA 60 QAR				
16:30				Hiit HIGH INTENSITY TRAINING RAFAEL 60 QAR			Mat Pilates MHEW 60 QAR
17:00	Yin/Yang Yoga STRONG VINYASA FOLLOWED BY RELAXING STRETCHING ANASTASIA 80 QAR	Mat Pilates MHEW 60 QAR					
17:30		Body Tone NADINE 60 QAR	Zumba FERAS 60 min 60 QAR	Vinyasa Yoga FOR STRENGTH AND FLEXIBILITY MIRNA 60 QAR			Yin Yoga STRETCH AND RELAX ANASTASIA 60 QAR
18:00							
18:30	Bulletproof DEVELOP YOUR BODY'S ARMOR 45 QAR	Yoga DANIEL 60 QAR	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
19:00	Muay Thai ALL LEVELS PADWORK + STRENGTH & CONDITIONING PED 80 QAR	Muay Thai DRILLS BUILD SKILLS DON 60 QAR	Rueda WALLY 60 QAR SINGLE 100 QAR COUPLE	Muay Thai INTERMEDIATE & ADVANCED CONDITIONING & PADS PED 60 QAR		Salsa BEGINNERS CAMILLO 60 QAR	Salsa INTERMEDIATE CAMILLO 60 QAR
20:00							
20:30							
21:00				Capoiera Doha 50 QAR		Tango BEGINNERS CAMILLO 60 QAR	Bachata INTERMEDIATE / ADVANCED CAMILLO 60 QAR
21:30							
22:00							

All classes require booking or confirmation in advance via +97444122046 or info@battitudespadoha.com.

Morning Yoga and Zumba classes by Adriana are free of charge on May 6. | Bounce Fitness kids classes are active from May 6 to June 14. | Rueda class will start on May 15. | Zumba by Feras is held from May 20 to June 21.

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
Bounce Fitness 12 classes - Ballet Group A, Group B	810	2 Intuitive 60-minute	May 6 to June 14
Bounce Fitness 6 classes - Hip Hop Dance Group M1, Group M2	405	1 Intuitive 60-minute	May 6 to June 14

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.

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.