

# CLASS TIMETABLE November 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>MAIN STUDIO   9:00-10:15</b> Wellness Yoga 65 QAR   ADRIANA	<b>MAIN STUDIO   9:00-10:15</b> Latin Fitness 65 QAR   ADRIANA	<b>MAIN STUDIO   16:30 - 18:00</b> Ashtanga Yoga 85 QAR   DANI FERNANDEZ	<b>MAIN STUDIO   9:00-10:15</b> Wellness Yoga 65 QAR   ADRIANA	<b>MAIN STUDIO   9:00-10:15</b> Latin Fitness 65 QAR   ADRIANA	<b>MAIN STUDIO   8:00 - 10:00</b> Mysore Yoga Practice 85 QAR   DANI FERNANDEZ	<b>MAIN STUDIO   8:00 - 10:00</b> Mysore Yoga Practice 85 QAR   DANI FERNANDEZ
<b>MAIN STUDIO   10:30 - 11:30</b> Zumba 60 QAR   ADRIANA	<b>MAIN STUDIO   10:30 - 12:00</b> Gentle Yoga + Meditation 70 QAR   ADRIANA	<b>MAIN STUDIO   18:00 -19:00</b> Power Yoga (All levels) 70 QAR   MIRNA	<b>MAIN STUDIO   10:30 - 11:30</b> Zumba 60 QAR   ADRIANA	<b>MAIN STUDIO   10:30 - 12:00</b> Restorative Yoga 70 QAR   ADRIANA	<b>MAIN STUDIO   10:00 - 12:30</b> Evolve Yoga Teacher Training	<b>SPINNING ROOM   9:00 - 10:00</b> Martial Arts Kids (Age 3-11) 70 QAR
<b>MAIN STUDIO   17:30 - 19:00</b> Yin Yang Yoga 85 QAR   ANASTASIA	<b>MAIN STUDIO   15:30 - 16:00</b> Kids Muay Thai (Age 4-6) 35 QAR   INIGO	<b>MAIN STUDIO   19:00 - 20:00</b> Muay Thai - Beginners 70 QAR   JABER	<b>MAIN STUDIO   15:00 - 15:45</b> Hip Hop Dance (Age 4-6) 75 QAR	<b>SPINNING ROOM   16:00 - 17:00</b> Martial Arts Kids (Age 3-11) 70 QAR	<b>MAIN STUDIO   12:30 - 13:30</b> Muay Thai Yoga 70 QAR   GHAZAL	<b>SPINNING ROOM   10:15 - 13:00</b> Evolve Yoga Teacher Training
<b>MAIN STUDIO   19:00 - 20:30</b> Muay Thai 85 QAR   JABER	<b>MAIN STUDIO   16:00 - 17:00</b> Kids Muay Thai (Age 7-9) 70 QAR   INIGO	<b>SPINNING ROOM   19:00 - 20:00</b> Physio-Fit 70 QAR	<b>MAIN STUDIO   15:45 - 16:45</b> Hip Hop Dance (Age 7-9) 75 QAR	<b>MAIN STUDIO   18:00 - 21:00</b> Evolve Yoga Teacher Training	<b>MAIN STUDIO   13:30 - 14:30</b> Muay Thai 70 QAR   PED	<b>MAIN STUDIO   10:30 -12:00</b> Ashtanga Yoga 85 QAR   DANI FERNANDEZ
	<b>SPINNING ROOM   16:00 - 17:00</b> Vinyasa Yoga (Ladies Only) 70 QAR   ANASTASIA	<b>MAIN STUDIO   20:00 - 21:00</b> Rueda 60 QAR single / 100 QAR couple   WALLY	<b>MAIN STUDIO   18:00 - 19:00</b> High Intensity Interval Training 70 QAR   RAFAEL		<b>MAIN STUDIO   14:30 - 18:30</b> Evolve Yoga Teacher Training And Workshops	<b>MAIN STUDIO   12:00 -13:00</b> Muay Thai - Fundamentals And Workshops 70 QAR   JABER
	<b>MAIN STUDIO   17:00 - 18:00</b> Mat Pilates 70 QAR   MHEW		<b>SPINNING ROOM   18:30- 19:15</b> Spinning 60 QAR   ROXY		<b>MAIN STUDIO   20:00 - 21:00</b> Salsa - Beginner 60 QAR   CAMILLO	<b>MAIN STUDIO   13:00 -14:30</b> Muay Thai 85 QAR   PED
	<b>MAIN STUDIO   18:00 - 19:00</b> Body Tone 70 QAR   PRZEMIK		<b>MAIN STUDIO   19:00 - 20:00</b> Muay Thai - Fundamentals 70 QAR   JABER			<b>MAIN STUDIO   15:00 -16:00</b> Kids Muay Thai (Age 4-9) 70 QAR   INIGO
	<b>SPINNING ROOM   18:30- 19:15</b> Spinning 60 QAR   ROXY		<b>MAIN STUDIO   20:00 - 21:00</b> Muay Thai Conditioning 70 QAR   JABER			<b>MAIN STUDIO   17:00 - 18:00</b> Mat Pilates 70 QAR   MHEW
	<b>MAIN STUDIO   19:00 - 20:00</b> Hatha Yoga 70 QAR   DANIEL MATTALANA					<b>MAIN STUDIO   18:00 - 19:00</b> Yin Yoga 70 QAR   ANASTASIA
	<b>MAIN STUDIO   20:00 - 21:00</b> Muay Thai 70 QAR   JABER					<b>MAIN STUDIO   19:00 - 20:00</b> Salsa - Improver 60 QAR   CAMILLO
						<b>MAIN STUDIO   20:00 - 21:00</b> Salsa - Intermediate 60 QAR (Ladies Free)   CAMILLO
						<b>MAIN STUDIO   21:00 - 22:00</b> Bachata - Intermediate / Advanced 60 QAR   CAMILLO

Bounce fitness classes (Martial Arts and Hip Hop) require advance registration to be held. Spinning bikes are limited so advance booking is obligatory. There is no Physio-Fit class on November 20 and 27.

## 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
All Access Evolve Pass 1 Month	750,00	1 Intuitive Massage 60 Min	31 Day
All Access Evolve Pass 3 Months	1.999,00	2 Intuitive Messages 60 Min	90 Days
All Access Evolve Pass 6 Months	3.900,00	3 Intuitive Messages 60 Min	180 Days
All 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	4200,00

Class package (all access) allows clients to attend all classes except Bounce Ballet and Hip Hop 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
			6+1	1,700
			12+2	3,250
			24+4	6,200
<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
			6+1	2,150
			12+2	4,000
			24+4	7,650
<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
<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
			6+1	2,800
			12+2	5,200
			24+4	10,000