

CLASS TIMETABLE October 2017

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		MAIN STUDIO	SPINNING ROOM		MAIN STUDIO	SPINNING ROOM	
08:30							
09:00	Strenght Yoga LADIES ONLY	Zumba Chairs LADIES ONLY		Morning Yoga Flow ALL LEVELS	Detox Yoga LADIES ONLY		Zumba Chairs LADIES ONLY
09:30	BY ADRIANA 75 min 60 QAR	BY ADRIANA 60 min 60 QAR		BY DANIEL 60 min 75 QAR	BY ADRIANA 75 min 60 QAR		BY ADRIANA 60 min 60 QAR
10:00		Restorative Yoga & Nidra Meditation LADIES ONLY		In Trinity Pilates ALL LEVELS LADIES ONLY	Zumba LADIES ONLY		Muay Thai Yoga CORE, HIPS & SHOULDER ALL LEVELS
10:30	Zumba LADIES ONLY	BY ADRIANA 90 min 60 QAR		BY LEYLA 60 min 75 QAR	BY ADRIANA 60 min 60 QAR		BY KRYSTA 60 min 60 QAR
11:00	BY ADRIANA 60 min 60 QAR						Yoga LOWER BACK, GLUTES, INNER THIGHS ALL LEVELS
11:30						Restorative Yoga & Nidra Meditation LADIES ONLY	BY GHAZAL 60 min 60 QAR
12:00						BY ADRIANA 90 min 60 QAR	Muay Thai * CONDITIONING & SPARRING INTERMEDIATE & ADVANCED
13:00							BY DON 60 min 60 QAR
15:00							Kids Muay Thai age 4-12 ALL LEVELS
15:30		Kids Muay Thai age 4-12 ALL LEVELS					BY JABER 60 min 60 QAR
16:00		BY JABER 60 min 60 QAR					Ultimate HIIT ALL LEVELS
16:30							BY OLU 60 min 60 QAR
17:00	Kalorie Killa ALL LEVELS	HIIT Circuit Training		Bootcamp	Cardio Pilates ALL LEVELS		Step Aerobic LADIES ONLY
17:30	BY CHANEL 60 min 60 QAR	BY TAREK 60 min 60 QAR		BY SRDJAN 60 min 60 QAR	BY LEYLA 60 min 60 QAR		BY TITA 60 min 60 QAR
18:00	Meditation for Stress Reduction ALL LEVELS	Hard Core ALL LEVELS		Tone It Up! LADIES ONLY	Kangoo Jumps MIXED CLASS		
18:30	BY DANIEL 60 min 75 QAR	BY MODI 60 min 60 QAR	Spinning	BY SAHAR 60 min 60 QAR	BY CLAUDIA 60 min 60 QAR	Spinning	Relaxing Yoga and Sound Meditations
19:00	Muay Thai INTRO BEGINNERS BY DON 30 min 30 QAR	Yoga	BY TAREK 60 min 75 QAR	Muay Thai BOOTCAMP HIIT BASED	Muay Thai MUAY THAI FUNDAMENTALS	BY TAREK 60 min 75 QAR	BY DANIEL 60 min 75 QAR
19:30	Muay Thai ALL LEVELS PADWORK MT STRENGTH & CONDITIONING	BY DANIEL 60 min 75 QAR		BY JABER 60 min 60 QAR	BY JABER 60 min 60 QAR		
20:00		Ecstatic Dance ALL LEVELS		Afro Brazilian Dance ALL LEVELS	Muay Thai INTERMEDIATE & ADVANCED CONDITIONING & PADS		Salsa BEGINNERS
20:30	BY DON 90 min 80 QAR	BY DANIEL 60 min 60 QAR		BY DANIEL 60 min 75 QAR	BY DON 60 min 60 QAR		BY WALLY/ROMERO 60 min 75 QAR
21:00	Capoiera						
21:30							
22:00	BY PETER 90 min 50 QAR						

INFORMATION

PACKAGES	TOTAL PRICE (QAR)	MESSAGES INCLUDED (with 50% discount*)	VALIDITY
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 package 12 includes dancing classes 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.

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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