

CLASS TIMETABLE September 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MAIN STUDIO 9-10:15 Wellness Yoga 65 QAR ADRIANA	MAIN STUDIO 9-10:15 Latin Fitness 65 QAR ADRIANA	MAIN STUDIO 09:00 - 10:30 Astanga Yoga *STARTS SEPTEMBER 11 TH 85 QAR DANI FERNANDEZ	MAIN STUDIO 9-10:15 Wellness Yoga 65 QAR ADRIANA	MAIN STUDIO 9-10:15 Latin Fitness 65 QAR ADRIANA	MAIN STUDIO 12:30 - 13:30 Muay Thai Yoga CORE, HIPS & SHOULDER 70 QAR GHAZAL	MAIN STUDIO 9:00 - 10:00 Martial Arts Kids (AGE 3-11) 70 QAR
MAIN STUDIO 10:30 - 11:30 Zumba 60 QAR ADRIANA	MAIN STUDIO 10:30 - 12:00 Gentle Yoga + Meditation 70 QAR ADRIANA	MAIN STUDIO 17:00 - 18:00 Combat Conditioning FUNCTIONAL STRENGTH & CONDITIONING FOR COMBAT SPORTS 70 QAR ILIJA	MAIN STUDIO 10:30 - 11:30 Zumba 60 QAR ADRIANA	MAIN STUDIO 10:30 - 12:00 Restorative Yoga 70 QAR ADRIANA	MAIN STUDIO 13:30 - 14:30 Muay Thai INTERMEDIATE & ADVANCED CONDITIONING 70 QAR PED	MAIN STUDIO 10:30 - 12:00 Ashtanga Yoga 85 QAR DANI FERNANDEZ / SONAM
MAIN STUDIO 15:00 - 15:45 Hip Hop Dance GROUP M1 (AGE 4-6) 75 QAR	MAIN STUDIO 15:30 - 16:00 Kids Muay Thai (AGE 4-6) 35 QAR INIGO	MAIN STUDIO 18:00 - 19:00 Power Yoga 70 QAR MIRNA	MAIN STUDIO 18:00 - 19:00 HIIT HIGH INTENSITY INTERVAL TRAINING 70 QAR RAFAEL	MAIN STUDIO 16:00 - 17:00 Martial Arts Kids (AGE 3-11) 70 QAR	MAIN STUDIO 20:00 - 21:00 Salsa BEGINNER 60 QAR CAMILLO	MAIN STUDIO 12:00 - 13:00 Muay Thai FUNDAMENTALS 70 QAR JABER
MAIN STUDIO 15:45 - 16:45 Hip Hop Dance GROUP M1 (AGE 7-9) 75 QAR	MAIN STUDIO 16:00 - 17:00 Kids Muay Thai (AGE 7-9) 70 QAR INIGO	MAIN STUDIO 19:00 - 20:00 Muay Thai BEGINNERS SPARRING & CONDITIONING 70 QAR JABER	MAIN STUDIO 19:00 - 20:00 Muay Thai FUNDAMENTALS 70 QAR JABER			MAIN STUDIO 13:00 - 14:30 Muay Thai TECHNICAL SPARRING 85 QAR PED
MAIN STUDIO 17:30 - 19:00 Yin Yang Yoga STRING VINYASA + STRETCHING 85 QAR ANASTASIA	SPINNING ROOM 16:00 - 17:00 Vinyasa Yoga (ALL LEVELS) 70 QAR ANASTASIA	SPINNING ROOM 19:00 - 20:00 Physio-Fit 70 QAR MHEW	MAIN STUDIO 20:00 - 21:00 Muay Thai INTERMEDIATE & ADVANCED CONDITIONING 70 QAR JABER			MAIN STUDIO 15:00 - 16:00 Kids Muay Thai (AGE 4-9) 70 QAR INIGO
MAIN STUDIO 19:00 - 20:30 Muay Thai PADWORK + STRENGTH & CONDITIONING 85 QAR JABER	MAIN STUDIO 17:00 - 18:00 Mat Pilates 70 QAR MHEW	MAIN STUDIO 20:00 - 21:00 Rueda 60 QAR single / 100 QAR couple WALLY				MAIN STUDIO 17:00 - 18:00 Mat Pilates 70 QAR MHEW
	MAIN STUDIO 18:00 - 19:00 Body Tone 70 QAR PRZEMIK					MAIN STUDIO 18:00 - 19:00 Yin Yoga STRETCHING & RELAXING 70 QAR ANASTASIA
	MAIN STUDIO 19:00 - 20:00 Hatha Yoga 70 QAR DANIEL MATTALANA					MAIN STUDIO 19:00 - 20:00 Salsa IMPROVER 60 QAR CAMILLO
	MAIN STUDIO 20:00 - 21:00 Muay Thai DRILLS BUILD SKILLS 70 QAR JABER					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

All classes require booking or confirmation in advance via +97444122046 or info@battitudespadoha.com.
 Hip hop classes start from September 16 and Martial Arts Kids classes start from September 15.

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
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
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
Bounce Hip Hop Group (M1, M2)	525,00	1 Intuitive Massage 60 min	16 Sep - 28 Oct
Bounce Martial Arts	910,00		15 Sep - 27 Oct

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.)
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