

CLASS TIMETABLE April 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 8:30 -10:00 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 8:00 - 10:00 Mysore Yoga Practice 85 QAR DANI FERNANDEZ |
| MAIN STUDIO 10:30 - 11:30 Zumba 60 QAR ADRIANA | MAIN STUDIO 10:30 - 12:00 Yoga - Mixed levels 70 QAR ADRIANA | MAIN STUDIO 17:00 - 18:00 Strong by Zumba 70 QAR KAYE | MAIN STUDIO 10:30 - 11:30 Zumba 60 QAR ADRIANA | MAIN STUDIO 10:30 - 12:00 Restorative Yoga 70 QAR ADRIANA | MAIN STUDIO 12:30 - 13:30 Muay Thai Yoga (Vinyasa) 70 QAR GHAZAL | MAIN STUDIO 10:30 - 12:00 Ashtanga Yoga 85 QAR DANI FERNANDEZ / EIRINI |
| MAIN STUDIO 17:30 - 19:00 Yin Yang Yoga 85 QAR ANASTASIA | MAIN STUDIO 15:30 - 16:00 Kids Muay Thai (Age 4-6) 35 QAR INIGO | MAIN STUDIO 18:00 - 19:00 Vinyasa Yoga 70 QAR ANASTASIA | MAIN STUDIO 16:00 - 17:00 Kids Hip Hop (Age 8-15) PACKAGE CAMILLO | MAIN STUDIO 17:00 - 18:30 Ashtanga Yoga 85 QAR DANI FERNANDEZ | MAIN STUDIO 13:30 - 14:30 Muay Thai Padwork Drills 70 QAR PED | MAIN STUDIO 12:00 -13:00 Muay Thai - Fundamentals 70 QAR JABER |
| 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 19:00 - 20:00 Muay Thai Beginners - Sparring 70 QAR JABER | MAIN STUDIO 17:00 - 18:00 Vinyasa Yoga 70 QAR Evolve teachers | MAIN STUDIO 18:30 - 19:30 Muay Thai Explosive Drills 70 QAR JOHN | MAIN STUDIO 19:00 - 20:00 Salsa - Newcomers 60 QAR CAMILLO | MAIN STUDIO 13:00 -14:30 Muay Thai Technical Sparring 85 QAR SID |
| 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 19:00 - 19:45 Spinning 60 QAR PRZEMEK | MAIN STUDIO 18:00 - 19:00 High Intensity Interval Training 70 QAR PRZEMEK | MAIN STUDIO 19:30 - 20:30 Stretching 70 QAR JULIA | 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 |
| | MAIN STUDIO 18:00 - 19:00 Body Tone 70 QAR PRZEMEK | MAIN STUDIO 20:00 - 20:30 Rueda - Beginners 30 QAR WALLY | MAIN STUDIO 19:00 - 20:00 Muay Thai - Fundamentals 70 QAR JABER | | | MAIN STUDIO 16:00 - 17:00 Kids Hip Hop (Age 8-15) PACKAGE CAMILLO |
| | MAIN STUDIO 19:00 - 20:00 Hatha Yoga 70 QAR DANIEL | MAIN STUDIO 20:30 - 21:30 Rueda - Intermediate 60 QAR single / 100 QAR couple WALLY | MAIN STUDIO 20:00 - 21:00 Muay Thai Technical Drills 70 QAR PED | | | MAIN STUDIO 17:00 - 18:00 Mat Pilates 70 QAR MHEW |
| | MAIN STUDIO 20:00 - 21:00 Muay Thai Drills 70 QAR JABER | | | | | MAIN STUDIO 18:00 - 19:00 Yin Yoga 70 QAR ANASTASIA |
| | | | | | | MAIN STUDIO 19:00 - 20:00 Salsa - Improver 60 QAR CAMILLO |
| | | | | | | 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.
 Kids Hip Hop class requires a minimum 5 kids to start the class.
 Kids Hip hop Monthly Package price is QAR 400 for 4 sessions or QAR 600 for 8 sessions.
 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.) |
|----------------------------|--|---|---------------------------|--------------|
| 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 | 300,00 |
| | | | 6+1 | 1.700,00 |
| | | | 12+2 | 3.250,00 |
| | | | 24+4 | 6.200,00 |
| 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 | 360,00 |
| | | | 6+1 | 2.150,00 |
| | | | 12+2 | 4.000,00 |
| | | | 24+4 | 7.650,00 |
| VIP MEMBERSHIP | <ul style="list-style-type: none"> Personal / Specialist Training | Choose from a variety of training modalities for great results! | 20 | 4.250,00 |
| 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 | 450,00 |
| | | | 6+1 | 2.800,00 |
| | | | 12+2 | 5.200,00 |
| | | | 24+4 | 10.000,00 |