

# CLASS TIMETABLE February 2020



| SUNDAY  | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY  |
|---|---|---|--|--|--|---|
| 9:00 - 10:15<br>Zumba<br>65 QAR   ADRIANA                             | 9:00 - 10:15<br>Latina Fitness<br>65 QAR   ADRIANA            | 9:00 - 10:15<br>Zumba<br>65 QAR   ADRIANA   | 9:00 - 10:15<br>Latin Fitness<br>65 QAR   ADRIANA              | 17:00 - 18:30<br>Ashtanga Yoga<br>85 QAR   DANI FERNANDEZ        | 12:30 - 13:30<br>Muay Thai Yoga<br>70 QAR   GHAZAL             | 10:30 - 12:00<br>Ashtanga Yoga<br>85 QAR   DANI FERNANDEZ               |
| 10:30 - 12:00<br>Intro to Yoga<br>70 QAR   ADRIANA                    | 10:30 - 12:00<br>Restorative Yoga<br>70 QAR   ADRIANA         | 10:30 - 12:00<br>Mixed Levels Yoga<br>65 QAR   ADRIANA                            | 10:30 - 12:00<br>Intro To Yoga<br>70 QAR   ADRIANA             | 18:30 - 19:30<br>Muay Thai Explosive Drills<br>70 QAR   LONGUBON | 13:30 - 14:30<br>Muay Thai Padwork Drills<br>70 QAR   LONGUBON | 12:00 - 13:00<br>Muay Thai Fundamentals<br>70 QAR   JABER               |
| 17:30 - 19:00<br>Yin Yang Yoga<br>85 QAR   ANASTASIA                  | 15:30 - 16:00<br>Kids Muay Thai (Ages 4-6)<br>35 QAR   INIGO  | 17:00 - 18:00<br>Vinyasa Yoga<br>70 QAR   ANASTASIA                               | 16:00 - 17:00<br>Kids Yoga<br>70 QAR   PARUL                   | 19:30 - 20:30<br>Salsa Beginner<br>60 QAR   WALLY                | 19:00 - 20:00<br>Bachata Beginner<br>60 QAR   WALLY            | 13:00 - 14:30<br>Muay Technical Sparring<br>85 QAR   EWELINA            |
| SPINNING ROOM   18:30 - 19:15<br>Spinning Class<br>60 QAR   PRZEMEK   | 16:00 - 17:00<br>Kids Muay Thai (Ages 7-10)<br>70 QAR   INIGO | 18:00 - 19:00<br>Muay Thai Padwork Extreme<br>Men Class Only<br>70 QAR   LONGUBON | 17:00 - 18:00<br>Mat Pilates<br>70 QAR   AILENE                | 20:30 - 21:30<br>Salsa Intermediate<br>60 QAR   WALLY            | 20:00 - 21:00<br>Bachata Intermediate<br>60 QAR   WALLY        | 15:00 - 16:00<br>Kids Muay Thai (Ages 4-9)<br>70 QAR   INIGO            |
| 19:00 - 20:30<br>Muay Thai Padwork + Strength & Con<br>85 QAR   JABER | 17:00 - 18:00<br>Mat Pilates<br>70 QAR   MHEW                 | 19:00 - 20:00<br>Muay Thai Sparring & Conditioning<br>70 QAR   JABER              | 18:00 - 19:00<br>Mobility & Flexibility Yoga<br>70 QAR   JULIA |  |  | 17:00 - 18:00<br>Mat Pilates<br>70 QAR   MHEW                           |
|   | 18:00 - 19:30<br>Ashtanga Yoga<br>85 QAR   DANI FERNANDEZ     |   | 19:00 - 20:00<br>Muay Thai Fundamentals<br>70 QAR   JABER      |  |  | 18:00 - 19:00<br>Yin Yoga (Stretching & Relaxing)<br>70 QAR   ANASTASIA |
|   | 20:00 - 21:00<br>Yoga Stretching<br>70 QAR   JULIA            |   | 20:00 - 21:00<br>Boxing<br>70 QAR   INIGO                      |  |  | 20:00 - 21:00<br>Salsa - Beginner<br>60 QAR   ESKANDER                  |
|   |   |   |  |  |  | 21:00 - 22:00<br>Bachata - Improver<br>60 QAR   ESKANDER                |

Spinning bikes are limited so advance booking is obligatory.  
All other classes require confirmation via +97444122046 or info@battitudespadoha.com..

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## 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 Massages 60 Min            | 3 Months |
| Class Package 30 (All Access)        | 1,740.00          | 3 Intuitive Massages 60 Min            | 4 Months |
| Unlimited Access Evolve Pass 1 Month | 750.00            | 1 Intuitive Massage 60 Min             | 31 Day   |
| Candela Class Package 8 (Single)     | 450.00            | 1 Intuitive Massage 60 Min             | 3 Months |
| Candela Class Package 8 (Couple)     | 850.00            | 2 Intuitive Massages 60 Min            | 3 Months |

\*Discounted massages available only from 11am to 4pm

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 massage 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.

### Gym & Pool & Public Steam and Sauna

| PACKAGES  | PRICE (QAR) |
|-----------|-------------|
| Day Pass  | 150.00      |
| 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 massage discounts is as mentioned and not a subject of freezing or extension.

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### Private Training

| TRAINING TYPE       | TRAINING MODALITIES  | TRAINING DESCRIPTION   | TRAINING SESSION (60 MIN) | PRICE (QAR.) |
|---------------------|--|--|---------------------------|--------------|
| Personal Training   | <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            | 300.00       |
|                     |  |  | 6+1                       | 1,700.00     |
|                     |  |  | 12+2                      | 3,250.00     |
|                     |  |  | 24+4                      | 6,200.00     |
| Specialist Training | <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            | 360.00       |
|                     |  |  | 6+1                       | 2,150.00     |
|                     |  |  | 12+2                      | 4,000.00     |
|                     |  |  | 24+4                      | 7,650.00     |
| VIP MEMBERSHIP      | <ul style="list-style-type: none"> <li>Personal / Specialist Training</li> </ul>   | Choose from a variety of training modalities for great results!  | 20                        | 4,250.00     |
|                     | <ul style="list-style-type: none"> <li>Biomechanics</li> </ul>   | Our Goal is to improve comfort, mechanical effectiveness & increase sustainable muscle power.  | SINGLE SESSION            | 400.00       |
|                     |  |  | 3+1                       | 1,500.00     |
|                     |  |  |                           |              |