

CLASS TIMETABLE July 2017

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
08:00							
08:30							
09:00							
09:30							
10:00						Muay Thai Yoga FUNDAMENTALS	
10:30			In Trinity Pilates ALL LEVELS LADIES ONLY BY LEYLA 60 min 75 QAR			BY DON 60 min 60 QAR	Yoga LOWER BACK, GLUTES, INNER THIGHS ALL LEVELS
11:00						Muay Thai CONDITIONING & PADS	BY GHAZAL 60 min 60 QAR
11:30						BY DON 60 min 60 QAR	Muay Thai * CONDITIONING & SPARRING INTERMEDIATE & ADVANCED ONLY
12:00							
13:00							BY DON 90 min 80 QAR
15:00							Kids Muay Thai age 4-12 ALL LEVELS
15:30		Kids Muay Thai age 4-12 ALL LEVELS					BY HAITHAM 60 min 60 QAR
16:00		BY AMINA 60 min 60 QAR					
16:30							
17:00		Kangoo Jumps MIXED CLASS		Cardio Pilates ALL LEVELS			
17:30		BY CLAUDIA 60 min 60 QAR		BY LEYLA 60 min 60 QAR			
18:00	Meditation for Stress Reduction ALL LEVELS	Yoga	Raw to the core ALL LEVELS LADIES ONLY	Kangoo Jumps MIXED CLASS			
18:30	BY DANIEL 60 min 75 QAR		BY SAHAR 60 min 60 QAR	BY CLAUDIA 60 min 75 QAR			
19:00	Muay Thai I INTRO BEGINNERS CLASS BY DON 30 min 30 QAR	BY DANIEL 90 min 80 QAR	Tango BEGINNERS	Muay Thai MUAY THAI FUNDAMENTALS			Salsa IMPROVERS
19:30	Muay Thai ALL LEVELS PADWORK MT STRENGTH & CONDITIONING	Kizomba BEGINNERS	BY RITA 60 min 75 QAR	BY AMINA 60 min 60 QAR			BY WAEL *Starts on 8 July 60 min 65 QAR
20:00		BY PEDRO 60 min 65 QAR	Salsa ADVANCED	Muay Thai INTERMEDIATE & ADVANCED CONDITIONING & PADS		Salsa BEGINNERS	Salsa INTERMEDIATE
20:30	BY DON 90 min 80 QAR	Kizomba INT/IMP	BY WAEL 60 min 65 QAR	BY DON 60 min 60 QAR		BY WAEL 60 min 65 QAR	BY WAEL *Starts on 8 July 60 min 75 QAR
21:00	Capoiera	BY PEDRO 60 min 65 QAR	Bachata I BEGINNERS		Zouk LAMBADA IMPROVERS	Zouk LAMBADA BEGINNERS	
21:30			BY ROMERO 30 min 45 QAR		BY MEDHI *Starts on 13 July 60 min 65 QAR	BY MEDHI *Starts on 14 July 60 min 65 QAR	
22:00	BY PETER 90 min 50 QAR		Bachata IMP/INT				
			BY ROMERO 60 min 65 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
Dancing class package 12	660	2 Intuitive 60-minute	3 months

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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