

# CLASS TIMETABLE March 2019

| SUNDAY  | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY  |
|---|---|---|--|--|--|---|
| MAIN STUDIO   9:00-10:15<br>Yoga - Mixed Levels<br>65 QAR   ADRIANA               | MAIN STUDIO   9:00-10:15<br>Latin Fitness<br>65 QAR   ADRIANA             | MAIN STUDIO   16:00 - 17:00<br>Yoga<br>FREE   COMMUNITY CLASS                                 | MAIN STUDIO   9:00-10:15<br>Yoga - Mixed Levels<br>65 QAR   ADRIANA                          | MAIN STUDIO   9:00-10:15<br>Latin Fitness<br>65 QAR   ADRIANA                                  | MAIN STUDIO   8:00 - 10:00<br>Mysore Yoga Practice <b>STARTS MARCH 15</b><br>85 QAR   DANI FERNANDEZ | MAIN STUDIO   8:00 - 10:00<br>Mysore Yoga Practice<br>85 QAR   DANI FERNANDEZ         |
| MAIN STUDIO   10:30 - 11:30<br>Zumba<br>60 QAR   ADRIANA                          | MAIN STUDIO   10:30 - 12:00<br>Beginner's Yoga<br>70 QAR   ADRIANA        | MAIN STUDIO   17:00 - 18:00<br>Physio-Fit<br>70 QAR   MHEW                                    | MAIN STUDIO   10:30 - 11:30<br>Zumba<br>60 QAR   ADRIANA                                     | MAIN STUDIO   10:30 - 12:00<br>Restorative Yoga<br>70 QAR   ADRIANA                            | MAIN STUDIO   12:30 - 13:30<br>Muay Thai Yoga (Vinyasa)<br>70 QAR   GHAZAL                           | MAIN STUDIO   10:30 - 12:00<br>Ashtanga Yoga<br>85 QAR   DANI FERNANDEZ / EIRINI      |
| MAIN STUDIO   17:30 - 19:00<br>Yin Yang Yoga<br>85 QAR   ANASTASIA                | MAIN STUDIO   15:30 - 16:00<br>Kids Muay Thai (Age 4-6)<br>35 QAR   INIGO | MAIN STUDIO   18:00 - 19:00<br>Vinyasa Yoga<br>70 QAR   ANASTASIA                             | MAIN STUDIO   17:00 - 18:00<br>Jivamukhti Yoga <b>STARTS MARCH 13</b><br>70 QAR   NAT GUERIS | MAIN STUDIO   17:00 - 18:30<br>Ashtanga Yoga <b>STARTS MARCH 14</b><br>85 QAR   DANI FERNANDEZ | MAIN STUDIO   13:30 - 14:30<br>Muay Thai Padwork Drills<br>70 QAR   PED                              | MAIN STUDIO   12:00 - 13:00<br>Muay Thai - Fundamentals<br>70 QAR   JABER             |
| SPINNING ROOM   18:30 - 19:15<br>Spinning<br>60 QAR   PRZEMEK                     | MAIN STUDIO   16:00 - 17:00<br>Kids Muay Thai (Age 7-9)<br>70 QAR   INIGO | SPINNING ROOM   18:30 - 19:15<br>Spinning<br>60 QAR   PRZEMEK                                 | MAIN STUDIO   18:00 - 19:00<br>High Intensity Interval Training<br>70 QAR   PRZEMEK          | MAIN STUDIO   18:30 - 19:30<br>Muay Thai Explosive Drills<br>70 QAR   JOHN                     | MAIN STUDIO   19:00 - 20:00<br>Salsa - Newcomers<br>60 QAR   CAMILLO                                 | OUTDOORS   12:15 - 12:45<br>Running Club<br>FREE   HAITHAM                            |
| MAIN STUDIO   19:00 - 20:30<br>Muay Thai Padwork & Conditioning<br>85 QAR   JABER | MAIN STUDIO   17:00 - 18:00<br>Mat Pilates<br>70 QAR   MHEW               | MAIN STUDIO   19:00 - 20:00<br>Muay Thai Beginners - Sparring<br>70 QAR   JABER               | SPINNING ROOM   18:30- 19:15<br>Spinning<br>60 QAR   KEYA                                    | MAIN STUDIO   19:30 - 20:40<br>Yin Yoga<br>70 QAR   ANASTASIA                                  | MAIN STUDIO   20:00 - 21:00<br>Salsa - Beginner<br>60 QAR   CAMILLO / AMMAR                          | MAIN STUDIO   13:00 - 14:30<br>Muay Thai Technical Sparring<br>85 QAR   PED           |
|   | MAIN STUDIO   18:00 - 19:00<br>Body Tone<br>70 QAR   PRZEMEK              | MAIN STUDIO   20:00 - 20:30<br>Rueda - Beginners<br>30 QAR   WALLY                            | MAIN STUDIO   19:00 - 20:00<br>Muay Thai - Fundamentals<br>70 QAR   JABER                    |  |  | MAIN STUDIO   15:00 - 16:00<br>Kids Muay Thai (Age 4-9)<br>70 QAR   INIGO             |
|   | SPINNING ROOM   18:30- 19:15<br>Spinning<br>60 QAR   KEYA                 | MAIN STUDIO   20:30 - 21:30<br>Rueda - Intermediate<br>60 QAR single / 100 QAR couple   WALLY | MAIN STUDIO   20:00 - 21:00<br>Muay Thai Technical Drills<br>70 QAR   PED                    |  |  | MAIN STUDIO   17:00 - 18:00<br>Mat Pilates<br>70 QAR   MHEW                           |
|   | MAIN STUDIO   19:00 - 20:00<br>Hatha Yoga<br>70 QAR   DANIEL              |   |  |  |  | MAIN STUDIO   18:00 - 19:00<br>Yin Yoga<br>70 QAR   ANASTASIA                         |
|   | MAIN STUDIO   20:00 - 21:00<br>Muay Thai Drills<br>70 QAR   JABER         |   |  |  |  | MAIN STUDIO   19:00 - 20:00<br>Salsa - Improver<br>60 QAR   CAMILLO                   |
|   |   |   |  |  |  | MAIN STUDIO   20:00 - 21:00<br>Salsa - Intermediate<br>60 QAR (Ladies Free)   CAMILLO |
|   |   |   |  |  |  | MAIN STUDIO   21:00 - 22:00<br>Bachata - Intermediate / Advanced<br>60 QAR   CAMILLO  |

Spinning bikes are limited so advance booking is obligatory. Adriana's classes are cancelled from March 1 to 7. 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.) |
|----------------------------|--|---|---------------------------|--------------|
| <b>Personal Training</b>   | <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     |
| <b>Specialist Training</b> | <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     |
| <b>VIP MEMBERSHIP</b>      | <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     |
| <b>Holistic Wellness</b>   | <ul style="list-style-type: none"> <li>Wellness Coaching</li> <li>Biomechanics Consultation</li> <li>Cosmic Massage</li> </ul>   | 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    |