

Fitness is not 60% diet and 40% exercise...

It is 100% dedication!

Following our success with our outdoor fitness events, we are once again partnering with Evolve to offer some exciting classes. The schedule is as follows:

Time	Sun	Mon	Tue	Wed	Thu	Fri	Sat
7:30			Core, Stability & Stretching				
9:00							
10:00		Zumba					Vinyasa Yoga
11:00							Olympic Weightlifting (Beg.)
16:00				Hata Yoga			
18:30	Zumba	Muay Thai		Boxing			
19:00			Vinyasa Yoga	HIIT (Ladies Only)			
19:30	X-Fit	Olympic Weightlifting (Beg.)					

Core, Stability & Stretching

Hata Yoga

HIIT (Ladies Only)

Zumba

Vinyasa Yoga

X-Fit

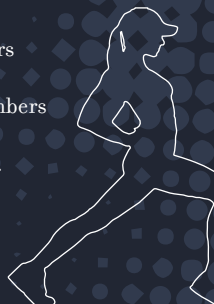
Muay Thai

Boxing

Olympic Weightlifting (Beg.)

- Each class is 60 minutes duration
- Each class is priced at ^{QAR} 50 for Jaula's members and in-house guests ^{QAR} 65 for non-members.
- Yoga classes are priced at ^{QAR} 60 for Jaula's members and ^{QAR} 75 for non-members.
- Ask about our multiple / private class packages.

For enquiries or bookings, please call 44481060





GRAND HYATT DOHA
West Bay Lagoon, P.O. Box 24010
Doha, State of Qatar
☎ +974 4448 1060

✉ Jaula.club@hyatt.com

🌐 doha.grand.hyatt.com

📘 Facebook.com/GrandHyattDoha