

CLASS TIMETABLE FEBRUARY 2017



	SUN	MON	TUE	WED	THU	FRI	SAT
6							
7		Muay Thai Technical Pad Work & Conditioning 7:15pm - 8:15pm 65 Qar	Muay Thai Morning Warriors 6:45am - 7:45am 60 Qar	Forrest Yoga 6:30am - 7:30am 60 Qar			
8							
9		Pilates 9am - 10am 60 Qar	Insanity 9am - 10am 60 Qar				
10						Muay Thai Yoga Core, Hips & Shoulder 9:30am - 10:30am 60 Qar	Muay Thai Padwork Mixed Level 10am - 11am 65 Qar
11						Boxing 10:15am - 11:15am 60 Qar	Ashtan Vinyasa Yoga 10am - 11am 75 Qar
12						Muay Thai Padwork All Levels 10:30am - 11:30am 60 Qar	Muay Thai Padwork All Levels 10:30am - 11:30am 60 Qar
13							Muay Thai Conditioning & Sparring Intermediate & Advance only 10:30am - 11:30am 60 Qar
14							
15							Kids Muay Thai 3pm - 4pm 60 Qar
16		Kids Muay Thai 7-16 All Levels 3:30pm - 4:30pm 60 Qar	Rapid Fire 4pm - 5pm 60 Qar	Little Warriors 4pm - 5pm 60 Qar			Zumba 4pm - 5pm 60 Qar
17	Kalorie Killer All Levels 5pm - 6pm 60 Qar		Judo / BJJ 5pm - 6pm 60 Qar				
18	High Intensity All Levels 6pm - 7pm 60 Qar	Kickboxing 5pm - 6pm 60 Qar	Yoga 6pm - 7pm 60 Qar	Box & Beats 6pm - 7pm 60 Qar	Street Dance 6pm - 7pm 60 Qar	Raw to the Core All Levels LADIES ONLY 6pm - 7pm 60 Qar	Step Dance 6pm - 7pm 60 Qar
19	Muay Thai Intro Beginners Class 7pm - 7:30pm 80 Qar	High Intensity All Levels 6pm - 7pm 60 Qar	Urban Warriors 7pm - 8pm 65 Qar	Ashtanga Vinyasa Yoga 7pm - 8pm 75 Qar	Doha Pound 7pm - 8pm 60 Qar	Express Spin 6:45pm - 7:30pm 50 Qar	Ashtanga Vinyasa Yoga 7pm - 8pm 75 Qar
20	Muay Thai Padwork & Sparring All Level 7:30pm - 9pm 80 Qar	Muay Thai Technical Sparring 7:35pm - 8:35pm 65 Qar	Muay Thai Padwork & Conditioning 7:30pm - 8:30pm 65 Qar	Muay Thai Conditioning & Technical Parts All Levels 7:30pm - 9pm 80 Qar			Belly Dance 7pm - 8pm 60 Qar

LOCATION:

- B/ATTITUDE
- FOUR SEASONS
- GRAND HYATT
- WARWICK DOHA
- THE DISTRICT

- Class prices range from 50 Qar to 80 Qar depending on venue and class
- Class packages for multiple class advance purchases are available at each venue at discounted class prices
- Members of our partner venues receive a discounted price on all classes at that location

**For enquiries or bookings,
please call 5040 3234**

