

SHERATON FITNESS

OCTOBER 2021

GROUP FITNESS CLASS SCHEDULE

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|--|---|----------|--|--|
| HATHA YOGA THE TRANSFORMATION 10:30AM-11:50AM, VISHNU, ROOM 3 FREE 80 80 | SLIMMING POWER YOGA THE WEIGHT LOSS 10:30AM-11:50AM, VISHNU, ROOM 3 FREE 80 80 | DETOX YOGA THE TRANSFORMATION 10:30AM-11:50AM, VISHNU, ROOM 3 FREE 80 80 | HATHA YOGA THE PURIFICATION 10:30AM-11:50AM, VISHNU, ROOM 3 FREE 80 80 | | HIIT & ABS 9AM-10AM, ALLAM, ROOM 2 FREE 70 70 | SPINNING 9AM-10AM, ALLAM, ROOM 1 FREE 70 70 |
| SLIMMING POWER YOGA THE WEIGHT LOSS 7PM-8:20PM, VISHNU, ROOM 3 FREE 80 80 | KIDS BALLET FOR BEGINNERS 4:30PM-5:30PM, VIOLA, ROOM 1 FREE 70 70 | HATHA YOGA 5:30PM-6:50AM, CLARA, ROOM 3 FREE 80 80 | BALLET BARRE 6PM-7PM, VIOLA, ROOM 1 FREE 70 70 | | DETOX YOGA THE TRANSFORMATION 11AM-12:20PM, VISHNU, ROOM 3 FREE 80 80 | HATHA YOGA THE TRANSFORMATION 11AM-12:20PM, VISHNU, ROOM 3 FREE 80 80 |
| ZUMBA 7PM-8PM, IMAN, ROOM 1 FREE 70 70 | HATHA YOGA THE TRANSFORMATION 7PM-8:20PM, VISHNU, ROOM 3 FREE 80 80 | ZUMBA 7PM-8PM, IMAN, ROOM 1 FREE 70 70 | HATHA YOGA THE TRANSFORMATION 7PM-8:20PM, VISHNU, ROOM 3 FREE 80 80 | | ZUMBA 10AM-11AM, CHRISTABELLE, ROOM 1 FREE 70 70 | AKIDO FOR YOUTH 2PM-3:30PM, RICHARD, ROOM 1 FREE 80 80 |
| SPINNING 7:30PM-8:30PM, ALLAM, ROOM 2 FREE 70 70 | ZUMBA LADIES ONLY 7PM-8PM, IMAN, ROOM 1 FREE 70 70 | SLIMMING POWER YOGA THE WEIGHT LOSS 7PM-8:20PM, VISHNU, ROOM 3 FREE 80 80 | ADULT AIKIDO 7:30PM-9PM, RICHARD, ROOM 1 FREE 80 80 | | ZUMBA 10AM-11AM, PAMELA, ROOM 2 FREE 70 70 | ADULT AIKIDO 4PM-5:30PM, RICHARD, ROOM 1 FREE 80 80 |
| | | | FULL MOON YOGA OCTOBER 20TH 7:30PM-8:50PM, VISHNU, RESORT GARDEN AREA 100 100 100 | | AKIDO FOR YOUTH 2PM-3:30PM, RICHARD, ROOM 1 FREE 80 80 | |
| | | | | | ADULT AIKIDO 4PM-5:30PM, RICHARD, ROOM 1 FREE 80 80 | |

GUESTS SAFETY POLICY:

- Guests need to comply with the entry procedure: 1. Show Gold Ehteraz App 2. Temperature Screening 3. Sign Entrance Sheet.
- Group activities are limited to a maximum capacity of 30 fully vaccinated persons for indoor & 50 fully vaccinated persons for outdoor including the coach.
- Social distancing protocols and wearing of face masks must be followed at all times.
- The class will automatically be cancelled if there's less than 2 persons in the class.
- Avoid gathering before and after the class.
- Above details are subject to change as we closely follow the developing guidelines from the government.

CLASS DETAILS:

- BodyXpress services (1:1 only) available daily in activity room #2 from 12AM to 9PM, for reservations please call 7444 8020.
- For Swasthi Yoga reservations, please contact 33202331 via WhatsApp.

For further inquiries, please do not hesitate to contact 4485 4600 or email HRCsheratondoha@sheraton.com.

LEGEND

ANNUAL MEMBER RATE

SHORT-TERM MEMBER RATE

NON-MEMBER RATE

