

# SHERATON FITNESS

SEPTEMBER 2021

## GROUP FITNESS CLASS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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**HATHA YOGA**  
10:30AM-11:50AM, VISHNU, ROOM 3  
FREE 80 80

**SLIMMING POWER YOGA**  
7PM-8:20PM, VISHNU, ROOM 3  
FREE 80 80

**SPINNING**  
5:30PM-6:30PM, MOHAMED, ROOM 2  
FREE 70 70

**ZUMBA**  
7PM-8PM, IMAN, ROOM 1  
FREE 70 70

**YOGA**  
10:30AM-11:50AM, VISHNU, ROOM 3  
FREE 80 80

**HATHA YOGA THE TRANSFORMATION**  
7PM-8PM, VISHNU, ROOM 3  
FREE 80 80

**ZUMBA LADIES ONLY**  
7PM-8PM, IMAN, ROOM 1  
FREE 70 70

**DETOX YOGA**  
10:30AM-11:50AM, VISHNU, ROOM 3  
FREE 80 80

**HATHA YOGA LADIES ONLY**  
3:30PM-4:50PM, TARYN, ROOM 3  
FREE 80 80

**SLIMMING POWER YOGA**  
7PM-8PM, VISHNU, ROOM 3  
FREE 80 80

**ZUMBA**  
7PM-8PM, IMAN, ROOM 1  
FREE 70 70

**HATHA YOGA THE PURIFICATION**  
10:30AM-11:50AM, VISHNU, ROOM 3  
FREE 80 80

**HATHA YOGA THE TRANSFORMATION**  
7PM-8PM, VISHNU, ROOM 3  
FREE 80 80

**SLIMMING POWER YOGA**  
9:30AM-10:50AM, VISHNU, ROOM 3  
FREE 80 80

**SPINNING**  
9AM-10AM, MOHAMED, ROOM 2  
FREE 70 70

**DETOX YOGA**  
11AM-12:20PM, VISHNU, ROOM 3  
FREE 80 80

**ZUMBA**  
10AM-11AM, CHRISTABELLE, ROOM 1  
FREE 70 70

**ZUMBA**  
10AM-11AM, PAMELA, ROOM 2  
FREE 70 70

**ADULT AIKIDO**  
4PM-5:30PM, RICHARD, ROOM 1  
FREE 80 80

**HATHA YOGA THE TRANSFORMATION**  
11AM-12:20PM, VISHNU, ROOM 3  
FREE 80 80

**ADULT AIKIDO**  
4PM-5:30PM, RICHARD, ROOM 1  
FREE 80 80

**ZUMBA LADIES ONLY**  
7PM-8PM, IMAN, ROOM 1  
FREE 70 70

### 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 15 fully vaccinated persons 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](mailto:HRCsheratondoha@sheraton.com).

### LEGEND

ANNUAL MEMBER RATE

SHORT-TERM MEMBER RATE

NON-MEMBER RATE

