

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
HATHA YOGA THE TRANSFORMATION 9:30AM-10:50AM, VISHNU, ROOM 3 FREE 80 80	SLIMMING POWER YOGA THE WEIGHT LOSS 9:30AM-10:50AM, VISHNU, ROOM 3 FREE 80 80	DETOX YOGA THE PURIFICATION 9:30AM-10:50AM, VISHNU, ROOM 3 FREE 80 80	HATHA YOGA THE TRANSFORMATION 9:30AM-10:50AM, VISHNU, ROOM 3 FREE 80 80	HATHA YOGA THE TRANSFORMATION 9:30AM-10:50AM, KAVANA, ROOM 3 FREE 80 80	SPINNING 9AM-10AM, ALLAM, ROOM 2 FREE 70 70	SPINNING 9AM-10AM, NOOR, ROOM 1 FREE 70 70
KIDS CLASS AQUA FUN 4PM-5PM, ARMAN, SWIMMING POOL FREE 70 70	KIDS CLASS KIDS BALLET FOR BEGINNERS 4:30PM-5:30PM, VIOLA, ROOM 1 FREE 70 70	HATHA YOGA LADIES ONLY 10:30AM-11:30AM, KAVANA, ROOM 1 FREE 65 65	HATHA YOGA LADIES ONLY 10:30AM-11:30AM, KAVANA, ROOM 3 FREE 65 65	HATHA YOGA LADIES ONLY 11AM-12PM, KAVANA, ROOM 3 FREE 65 65	HATHA YOGA LADIES ONLY 9:30AM-10:30AM, KAVANA, ROOM 3 FREE 65 65	HATHA YOGA LADIES ONLY 9AM-10AM, KAVANA, ROOM 3 FREE 65 65
HATHA YOGA LADIES ONLY 10:30AM-11:30AM, KAVANA, ROOM 3 FREE 65 65	HATHA YOGA THE TRANSFORMATION 5PM-6PM, SALLY FREE 80 80	HATHA YOGA THE TRANSFORMATION 5:30PM-6:30PM, CLARA, ROOM 1 FREE 65 65	HATHA YOGA LADIES ONLY 5:30PM-6:30PM, KAVANA, ROOM 3 FREE 65 65	KIDS CLASS KARATE FOR KIDS 3PM-4PM, AHMAD, ROOM 1 FREE 70 70	ZUMBA 10AM-11AM, PAMELA, ROOM 2 FREE 70 70	DETOX YOGA LADIES ONLY 9:30AM-10:30AM, SALLY, ROOM 1 FREE 65 65
HATHA YOGA LADIES ONLY 5:30PM-6:30PM, KAVANA, ROOM 3 FREE 65 65	HATHA YOGA THE TRANSFORMATION 7PM-8:20PM, VISHNU, ROOM 3 FREE 80 80	HATHA YOGA LADIES ONLY 5:30PM-6:30PM, KAVANA, ROOM 3 FREE 65 65	HATHA YOGA THE TRANSFORMATION 7PM-8:20PM, VISHNU, ROOM 3 FREE 80 80	HATHA YOGA LADIES ONLY 7PM-8:20PM, KAVANA, ROOM 3 FREE 65 65	DETOX YOGA THE PURIFICATION 11AM-12:20PM, VISHNU, ROOM 3 FREE 80 80	HATHA YOGA THE TRANSFORMATION 11AM-12:20PM, VISHNU, ROOM 3 FREE 80 80
SLIMMING POWER YOGA THE WEIGHT LOSS 7PM-8:20PM, VISHNU, ROOM 3 FREE 80 80	ZUMBA LADIES ONLY 7PM-8PM, PAMELA, ROOM 1 FREE 70 70	ZUMBA 7PM-8PM, IMAN, ROOM 1 FREE 70 70	HATHA YOGA THE TRANSFORMATION 7PM-8:20PM, VISHNU, ROOM 3 FREE 80 80	KIDS CLASS AKIDO FOR YOUTH 4PM-5:30PM, RICHARD, ROOM 1 FREE 80 80	ADULT AIKIDO 6PM-7:30PM, RICHARD, ROOM 1 FREE 80 80	KIDS CLASS AKIDO FOR YOUTH 2PM-3:30PM, RICHARD, ROOM 1 FREE 80 80
ZUMBA 7PM-8PM, IMAN, ROOM 1 FREE 70 70	SLIMMING POWER YOGA THE WEIGHT LOSS 7PM-8:20PM, VISHNU, ROOM 3 FREE 80 80	SLIMMING POWER YOGA THE WEIGHT LOSS 7PM-8:20PM, VISHNU, ROOM 3 FREE 80 80	KIDS CLASS FITNESS FUN 11AM-12PM, CHADY, ROOM 1 FREE 70 70	ADULT AIKIDO 6PM-7:30PM, RICHARD, ROOM 1 FREE 80 80	KIDS CLASS TENNIS FOR KIDS 3PM-4PM, JHUN, TENNIS COURT	ADULT AIKIDO 4PM-5:30PM, RICHARD, ROOM 1 FREE 80 80
RAKLEH 7:30PM-8:30PM, NOOR, ROOM 1 FREE 70 70	SPINNING 7:30PM-8:30PM, NOOR, ROOM 1 FREE 70 70	SPINNING 7:30PM-8:30PM, NOOR, ROOM 1 FREE 70 70	ADULT AIKIDO 6PM-7:30PM, RICHARD, ROOM 1 FREE 80 80	KIDS CLASS FITNESS FUN 11AM-12PM, CHADY, ROOM 1 FREE 70 70	ADULT AIKIDO 4PM-5:30PM, RICHARD, ROOM 1 FREE 80 80	ADULT AIKIDO 4PM-5:30PM, RICHARD, ROOM 1 FREE 80 80
FULL MOON YOGA LADIES ONLY APRIL 17TH 7PM-8:20PM, KAVANA, RESORT GARDEN AREA 70 70 70	THE TROOPERS BOOTCAMP APRIL 9TH 8:30PM RESORT GARDEN AREA 100 100 100	THE TROOPERS BOOTCAMP APRIL 9TH 8:30PM RESORT GARDEN AREA 100 100 100	ADULT AIKIDO 6PM-7:30PM, RICHARD, ROOM 1 FREE 80 80	KIDS CLASS FITNESS FUN 11AM-12PM, CHADY, ROOM 1 FREE 70 70	ADULT AIKIDO 4PM-5:30PM, RICHARD, ROOM 1 FREE 80 80	ADULT AIKIDO 4PM-5:30PM, RICHARD, ROOM 1 FREE 80 80
FULL MOON YOGA LADIES ONLY APRIL 16TH 7PM-8:20PM, VISHNU, RESORT GARDEN AREA 100 100 100	FULL MOON YOGA LADIES ONLY APRIL 16TH 7PM-8:20PM, VISHNU, RESORT GARDEN AREA 100 100 100	FULL MOON YOGA LADIES ONLY APRIL 16TH 7PM-8:20PM, VISHNU, RESORT GARDEN AREA 100 100 100	ADULT AIKIDO 6PM-7:30PM, RICHARD, ROOM 1 FREE 80 80	KIDS CLASS FITNESS FUN 11AM-12PM, CHADY, ROOM 1 FREE 70 70	ADULT AIKIDO 4PM-5:30PM, 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.
- Complimentary kids class only for the annual membership
- 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

