

SHERATON FITNESS

JUNE 2022

GROUP FITNESS CLASS SCHEDULE

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 65 65 65	SPINNING 9AM-10AM, ALLAM, ROOM 2 FREE 70 70	SPINNING 9AM-10AM, NOOR, ROOM 2 FREE 70 70
HATHA YOGA LADIES ONLY 11AM-12PM, KAVANA, ROOM 3 65 65 65	HATHA YOGA THE TRANSFORMATION 5PM-6PM, SALLY, ROOM 3 65 65 65	HATHA YOGA LADIES ONLY 11AM-12PM, KAVANA, ROOM 3 65 65 65	HATHA YOGA LADIES ONLY 11AM-12PM, KAVANA, ROOM 3 65 65 65	HATHA YOGA LADIES ONLY 11AM-12PM, KAVANA, ROOM 3 65 65 65	DETOX YOGA LADIES ONLY 9:30AM-10:30AM, KAVANA, ROOM 3 65 65 65	HATHA YOGA LADIES ONLY 8:30AM-9:30AM, KAVANA, ROOM 3 65 65 65
HATHA YOGA THE TRANSFORMATION 5PM-6PM, SAMAR, ROOM 3 65 65 65	HATHA YOGA THE TRANSFORMATION 6:30PM-7:50PM, VISHNU, ROOM 3 FREE 80 80	HATHA YOGA LADIES ONLY 5:30PM-6:30PM, KAVANA, ROOM 3 65 65 65	HATHA YOGA THE TRANSFORMATION 5:30PM-6:30PM, CLARA, ROOM 3 65 65 65	HATHA YOGA LADIES ONLY 5:30PM-6:30PM, KAVANA, ROOM 3 65 65 65	ZUMBA 10AM-11AM, PAMELA, ROOM 1 FREE 70 70	DETOX YOGA LADIES ONLY 9:30AM-10:30AM, SALLY, ROOM 3 65 65 65
HATHA YOGA LADIES ONLY 6PM-7PM, KAVANA, ROOM 3 65 65 65	ZUMBA LADIES ONLY 7PM-8PM, PAMELA, ROOM 1 FREE 70 70	SLIMMING POWER YOGA THE WEIGHT LOSS 6:30PM-7:50PM, VISHNU, ROOM 3 FREE 80 80	HATHA YOGA THE TRANSFORMATION 6:30PM-7:50PM, VISHNU, ROOM 3 FREE 80 80	AQUA GYM 7PM-8PM, NOOR, SWIMMING POOL 70 70 70	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 7PM-8PM, IMAN, ROOM 1 FREE 70 70	CAPOEIRA FOR ADULTS 8PM-9:30PM, PINTO, ROOM 3 100 100 100		HATHA YOGA LADIES ONLY 6:30PM-7:30PM, KAVANA, ROOM 3 65 65 65	CAPOEIRA FOR ADULTS 7PM-8:30PM, PINTO, ROOM 3 100 100 100
ZUMBA 7PM-8PM, IMAN, ROOM 1 FREE 70 70		SPINNING 8:15PM-9:15PM, NOOR, ROOM 2 FREE 70 70			ADULT AIKIDO 6PM-7:30PM, RICHARD, ROOM 2 80 80 80	
RAKLEH 8:15PM-9:15PM, NOOR, ROOM 2 70 70 70						

GUESTS SAFETY POLICY:

- Guests need to comply with the entry procedure by showing Ehteraz application
- Group activities are limited to fully vaccinated persons
- Complimentary kids activities are only available for annual family members
- The class will automatically be cancelled if there's less than 2 persons in the class.
- Complimentary classes for all members (zumba, spinning & yoga)

CLASS DETAILS:

- BodyXpress services (1:1 only) available daily in activity room #2 from 12AM to 9PM, for reservations please call 7444 8020.
- Pilates Reformer only available daily in activity room #1 from 9AM to 10PM, for reservations please call 7719 7718 or 3014 8341
- For Swasthi Yoga reservations, please contact 33202331 via WhatsApp.

LEGEND

ANNUAL MEMBER RATE

SHORT-TERM MEMBER RATE

NON-MEMBER RATE

