

## GROUP FITNESS CLASS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>HATHA YOGA THE TRANSFORMATION</b> 10:30AM-11:50AM, VISHNU, ROOM 3 FREE 80 80	<b>SLIMMING POWER YOGA THE WEIGHT LOSS</b> 9:30AM-10:50AM, VISHNU, ROOM 3 FREE 80 80	<b>DETOX YOGA THE PURIFICATION</b> 9:30AM-10:50AM, VISHNU, ROOM 3 FREE 80 80	<b>HATHA YOGA THE TRANSFORMATION</b> 9:30AM-10:50AM, VISHNU, ROOM 3 FREE 80 80	<b>KARATE FOR KIDS</b> 3PM-4PM, AHMAD, ROOM 1 FREE 70 70	<b>HIIT &amp; ABS</b> 9AM-10AM, ALLAM, ROOM 2 FREE 70 70	<b>SPINNING</b> 9AM-10AM, ALLAM, ROOM 1 FREE 70 70
<b>AQUA FUN</b> 4PM-5PM, ARMAN, SWIMMING POOL FREE 70 70	<b>KIDS BALLET FOR BEGINNERS</b> 4:30PM-5:30PM, VIOLA, ROOM 1 FREE 70 70	<b>HATHA YOGA LADIES ONLY</b> 5:30PM-6:50PM, CLARA, ROOM 3 FREE 80 80	<b>HATHA YOGA ADVANCE CLASS</b> 5:30PM-6:20PM, VISHNU, BACKYARD FREE 80 80	<b>HATHA YOGA LADIES ONLY</b> 5:30PM-6:30PM, KEERTHANA, ROOM 3 FREE 65 65	<b>HATHA YOGA LADIES ONLY</b> 9:30AM-10:30AM, KEERTHANA, ROOM 3 FREE 65 65	<b>DETOX YOGA LADIES ONLY</b> 9:30AM-10:30AM, SALLY, ROOM 3 FREE 65 65
<b>SLIMMING POWER YOGA LADIES ONLY</b> 5:30PM-6:30PM, SAMAR, ROOM 1 FREE 65 65	<b>HATHA YOGA LADIES ONLY</b> 5:30PM-6:30PM, KEERTHANA, ROOM 3 FREE 65 65	<b>ZUMBA NOVEMBER 23<sup>RD</sup> &amp; 30<sup>TH</sup></b> 7PM-8PM, IMAN, ROOM 1 FREE 70 70	<b>BALLET BARRE</b> 6PM-7PM, VIOLA, ROOM 1 FREE 70 70	<b>ZUMBA</b> 10AM-11AM, PAMELA, ROOM 2 FREE 70 70	<b>DETOX YOGA THE PURIFICATION</b> 11AM-12:20PM, VISHNU, ROOM 3 FREE 80 80	<b>HATHA YOGA THE PURIFICATION</b> 11AM-12:20PM, VISHNU, ROOM 3 FREE 80 80
<b>HATHA YOGA LADIES ONLY</b> 5:30PM-6:30PM, KEERTHANA, ROOM 3 FREE 65 65	<b>HATHA YOGA THE TRANSFORMATION</b> 6:30PM-7:50PM, VISHNU, BACKYARD FREE 80 80	<b>SLIMMING POWER YOGA THE WEIGHT LOSS</b> 6:30PM-7:50PM, VISHNU, BACKYARD FREE 80 80	<b>HATHA YOGA THE TRANSFORMATION</b> 7PM-8:50PM, VISHNU, BACKYARD FREE 80 80	<b>DETOX YOGA THE PURIFICATION</b> 11AM-12:20PM, VISHNU, ROOM 3 FREE 80 80	<b>AKIDO FOR YOUTH</b> 2PM-3:30PM, RICHARD, ROOM 1 FREE 80 80	<b>AKIDO FOR YOUTH</b> 2PM-3:30PM, RICHARD, ROOM 1 FREE 80 80
<b>SLIMMING POWER YOGA THE WEIGHT LOSS</b> 6:30PM-7:50PM, VISHNU, BACKYARD FREE 80 80	<b>ZUMBA LADIES ONLY NOVEMBER 22<sup>ND</sup> &amp; 29<sup>TH</sup></b> 7PM-8PM, IMAN, ROOM 1 FREE 70 70	<b>ADULT AIKIDO</b> 7:30PM-9PM, RICHARD, ROOM 1 FREE 80 80	<b>ADULT AIKIDO</b> 7:30PM-9PM, RICHARD, ROOM 1 FREE 80 80	<b>AKIDO FOR YOUTH</b> 4PM-5:30PM, RICHARD, ROOM 1 FREE 80 80	<b>TENNIS FOR KIDS</b> 3PM-4PM, JHUN, TENNIS COURT	<b>ADULT AIKIDO</b> 4PM-5:30PM, RICHARD, ROOM 1 FREE 80 80
<b>ZUMBA NOVEMBER 21<sup>ST</sup> &amp; 28<sup>TH</sup></b> 7PM-8PM, IMAN, ROOM 1 FREE 70 70	<b>SPINNING</b> 7:30PM-8:30PM, ALLAM, ROOM 2 FREE 70 70	<b>FITNESS FUN</b> 11AM-12PM, CHADY, ROOM 1 FREE 70 70	<b>ADULT AIKIDO</b> 6PM-7:30PM, RICHARD, ROOM 1 FREE 80 80	<b>ADULT AIKIDO</b> 6PM-7:30PM, RICHARD, ROOM 1 FREE 80 80	<b>FULL MOON YOGA NOVEMBER 20<sup>TH</sup></b> 6PM-7:20PM, VISHNU, RESORT GARDEN AREA 100 100 100	<b>FULL MOON YOGA NOVEMBER 20<sup>TH</sup></b> 6PM-7:20PM, VISHNU, RESORT GARDEN AREA 100 100 100

### 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](mailto:HRCsheratondoha@sheraton.com).

### LEGEND

ANNUAL MEMBER RATE

SHORT-TERM MEMBER RATE

NON-MEMBER RATE

