

GROUP EXERCISE CLASSES

Monday	Tuesday	Thursday	Friday	Saturday	Sunday
BOOTCAMP* <i>45 mins</i> 17:00 pm	BOOTCAMP* <i>45 mins</i> 19:00 pm	BOOTCAMP* <i>45 mins</i> 17:00 pm	ABS* <i>20 - 25 mins</i> 19:00 pm	BOOTCAMP* <i>45 mins</i> 17:00 pm	ABS* <i>20 - 25 mins</i> 19:00 pm

❁ **Prices:** **QAR 80** per person
 Package of 10 sessions (valid for 1 month) | **QAR 500** per person

- ❁ * Complimentary for Lifestyle Exclusive Membership card holders
- ❁ Lifestyle Exclusive Membership card holders are entitled to **50%** off Group Classes
- ❁ Fitness Classes schedule is subject to change
- ❁ A minimum attendance is required to carry out the group classes

For reservations, please contact the Health Club Reception:
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