

# WESTIN® WORKOUT

## September Scheduled Classes

QR 60 PER SESSION / QR 500 FOR 10 SESSIONS

For bookings WhatsApp us 668 668 54 or call 4492 1682

TIME	SUNDAY	TUESDAY	THURSDAY	FRIDAY	SATURDAY
11AM				FLOAT FIT CLASS	FLOAT FIT CLASS
6:30PM	HIIT CLASS	HIIT CLASS	HIIT CLASS		

FLOAT FIT - Float fit description: group class exercise on water, testing balance and coordination. Immense core workout.

HIGH INTENSITY INTERVAL TRAINING - What better way to start or end the day than with a HIIT class; also known as High Intensity Interval Training. This charged workout session implements short bursts of high intensity body exercises followed by low intensity relief exercises.