



OCTOBER WORKOUT CLASSES SCHEDULE

SWIMMING START UP BY SASI

MONDAY
Time: 3PM - 4PM
Location: Outdoor Pool
QR 60 per class/ QR 500 for 10 classes

HIIT BY SASI

TUESDAY
Time: 5PM - 5:45PM
Location: Outdoor Garden
QR 60 per class/ QR 500 for 10 classes

SWIMMING KIDS START UP BY KAREEM

FRIDAY
Time: 12PM - 1PM (5-7yrs old)
2PM - 3PM (8-12yrs old)
Location: Outdoor Pool
QR 60 per class/ QR 500 for 10 classes

TAEKWONDO BY ARNIE

SUNDAY, TUESDAY, THURSDAY
Time: 3PM - 4PM
Location: 7th Floor, Royal Suite
QR 800 for 1 month with 3 classes per week

CIRCUIT TRAINING BY SASI

WEDNESDAY
Time: 7PM
Location: Male WestinWORKOUT Gym
QR 60 per class/ QR 500 for 10 classes

FLOAT FIT BY SASI/KAREEM

WEDNESDAY, FRIDAY
Time: 11AM - 12PM
Location: Outdoor Pool
QR 65 per class

CONDITIONING TRAINING BY ZANDRE

SATURDAY
Time: 10AM - 11AM
Location: Male WestinWORKOUT Gym
QR 60 per class/ QR 500 for 10 classes



WESTIN WORKOUT CLASSES

SWIMMING START UP CLASS

A fun swimming group class for junior beginners. Age 5 - 12 years old. **Kids must be able to swim to be part of the class.**

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.

CONDITIONING TRAINING

This class works on improving speed and power for better athletic and sport performance.

TAEKWONDO CLASS

One of the most systematic and scientific Korean traditional martial arts, that teaches more than physical fighting skills. Taekwondo means the right way of using all parts of the body to stop fights and help to build a better and more peaceful world.

CIRCUIT TRAINING

A high intensity endurance training, using multiple stages. This class will test your physical body condition giving you a fantastic resistance workout, leaving you feeling great.

FLOAT FIT CLASS

A great fun group fitness class performed on floating exercise boards on the pool. Designed to boost wellbeing, challenge balance and strengthen core stability. Participants must be able to swim to be part of the class.