



# DECEMBER 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.