



APRIL **WORKOUT CLASSES SCHEDULE**

SWIMMING KIDS START UP BY SASI

FRIDAY

Time: 1PM - 2PM (5-7yrs old)
2PM - 3PM (8-12yrs old)

Location: Outdoor Pool

QR 60 per class/ QR 500 for 10 classes

TABATA HIIT BY SASI

SUNDAY, THURSDAY

Time: 8PM - 8:45PM

Location: 7th Floor, Royal Suite

QR 800 for 1 month with 3 classes per week

FLOAT FIT BY SASI

WEDNESDAY

Time: 11AM - 11:45AM

SATURDAY

Time: 10AM - 10:45AM

Location: Outdoor Pool

QR 65 per class

CIRCUIT TRAINING BY REDHA

MONDAY, WEDNESDAY

Time: 8PM - 8:45PM

Location: Outdoor Garden

QR 60 per class/ QR 500 for 10 classes



WESTIN DOHA

WORKOUT CLASSES

SWIMMING START UP CLASS

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

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.

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.