

FITNESS CLASSES CALENDAR

Meet your fitness goals and set the tone for a healthy lifestyle! Join our fitness classes specially curated by our world-class trainers.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		YOGA HALL			POOL	BEACH
		10:00 AM - 10:45 AM ZUMBA TONING Yolly			10:00 AM - 10:45 AM ZUMBA Yolly	
TRX ROOM	MAR	POOL	TRX HALL	YOGA HALL		POOL
11:00 AM - 11:45 AM TRX Osama	11:00 AM - 11:45 AM FULL BODY WORKOUT Hamza	11:00 AM - 11:45 AM AQUAEROBICS Osama	11:00 AM - 11:45 AM TRX Hamza	11:00 AM - 11:45 AM STRONG ZUMBA Yolly		11:30 AM - 12:15 PM AQUA ZUMBA Yolly
		TRX HALL			YOGA HALL	
		5:00 PM - 5:45 PM TRX Osama			5:00 PM - 5:45 PM STRETCHING Hamza	
SPIN HALL	TRX HALL		SPIN HALL	SPA GARDEN		MAR
6:00 PM - 6:45 PM SPINNING Osama	6:00 PM - 6:45 PM TABATA Osama		6:00 PM - 6:45 PM SPINNING Osama	6:00 PM - 6:45 PM HIIT Hamza		6:00 PM - 6:45 PM ABS TRAINING Hamza
SPA GARDEN		SPA GARDEN				
7:00 PM - 7:45 PM		7:00 PM - 7:45 PM YOGA Ravi				
YOGA Ravi	ZUMBA Yolly					

- Complimentary only for Spa Members only.
- Advance booking is required.
- Children below 18 are not permitted in the fitness centers.
- Indoor Classes are limited to a maximum of 5 fully vaccinated participants per class.
- Outdoor Classes are limited to a maximum of 10 fully vaccinated participants per class.

* Ladies Only Classes

Call +974 5055 1612 / +974 4425 6999
or email recreations.sharq@ritzcarlton.com

Class Fees:

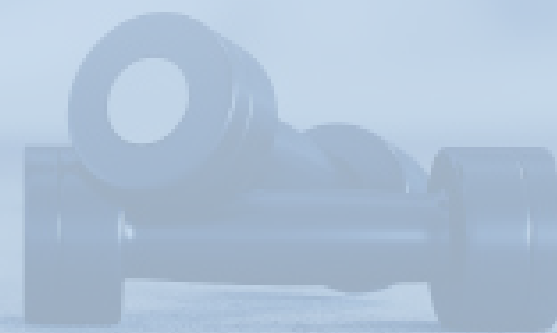
Member: Complimentary
Non-member: QAR 60 per session

Yoga Classes:

Member: QAR 30 per class
Non-member: QAR 60 per class

Zumba Classes:

Member: QAR 60 per class
Non-member: QAR 80 per class



PRICE LIST

PERSONAL TRAINING PRICE / 60 MINUTES		
Session	Member	Non-member
1 Session	QAR 200	QAR 275
5 Sessions	QAR 1,000	QAR 1,500
10 Sessions	QAR 1,800	QAR 2,500
20 Sessions	QAR 3,000	QAR 4,000
30 Sessions	QAR 4,500	QAR 5,500

PARTNER TRAINING PRICE / 45 MINUTES		
Session	Member	Non-member
1 Session	QAR 150	QAR 200
15 Sessions	QAR 2,000	QAR 3,000

EXPRESS OFFERS	
Deep Stretching	45-MIN / QAR 300
Back Relief	20-MIN / QAR 125
Fitness Assessment	20-MIN / QAR 125
Day Pass *Approval by Management	QAR 150 (Spa access only)

SPA FIT TRACK MEMBERSHIPS			
INTO SHAPE	1 Month Single	3 Month Single	3 Month Couple
	QAR 1,500	QAR 3,500	QAR 4,500

[Book now!](#)

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or rc.dohsq.spa@ritzcarlton.com

