

SATURDAY

- 11:00^{AM}** HATHA YOGA FOUNDATION
Maryam Nia
- 11:15^{AM}** **CORRECTION**
Emilia Ochnik

SUNDAY

- 10:00^{AM}** VINYASA FLOW
Hasnaa Alkhatib
- 11:00^{AM}** GENTLE YOGA
Hasnaa Alkhatib
- 6:00^{PM}** SOUND HEALING
Sara Shalhoub
- 7:00^{PM}** **PILATES**
Rasha Shayya

MONDAY

- 5:00^{PM}** **PILATES**
Erin Butler
- 6:00^{PM}** **PILATES BARRE**
Sarah Ismail
- 7:00^{PM}** **CIRCUIT TRAINING**
Afif Kabbani

TUESDAY

- 10:00^{AM}** MEDITATION & BREATHWORK (AR)
Hasnaa Alkhatib
- 11:00^{AM}** GENTLE YOGA
Hasnaa Alkhatib
- 4:00^{PM}** **PILATES**
Rasha Shayya
- 6:00^{PM}** MINDFULNESS & BREATHWORK
Sara Shalhoub
- 7:00^{PM}** YIN YOGA
Sara Shalhoub

WEDNESDAY

- 5:00^{PM}** **PILATES**
Erin Butler
- 6:00^{PM}** RESTORATIVE YOGA
Maryam Nia
- 7:00^{PM}** VINYASA FLOW
Hasnaa Alkhatib
- 8:00^{PM}** **CIRCUIT TRAINING**
Afif Kabbani

1 Pass **KD 12**
6 Passes **KD 65**