

HEALTH & FITNESS
CLUB

ALL FEBRUARY
HEALTH, FITNESS, & FUN

Join us for a month packed with exciting fitness classes and special events, including celebrations for Qatar National Sports Day. Whether you're looking to improve your flexibility, try something fun and challenging, or push your limits, we've got something for every fitness level!

FULL MONTH SCHEDULE

SAT	SUN	MON	TUE	WED	THUR	FRI
Water Aerobics 10:30am- 11:00am	Tabata Cardio 10:30am- 11:00 am	★ Salsa & Bachata	Body Stretching 4:30pm- 5:00pm	Body flex 10:30am- 11:00 am	Kids Swimming 3:30pm- 4:00pm	★ Salsa & Bachata
		★ Street Dance	★ Tango	★ Street Dance		

Only sessions marked with a star (★) require payment.

QATAR NATIONAL SPORTS DAY | FEBRUARY 11th

Aqua Fan 10:00 AM - 11:00 AM	Cardio Zen 3:30 PM - 4:00 PM	Body Stretching 4:00 PM - 5:00 PM
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Sign Up Now to Reserve Your Spot!
Limited slots available.



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INTERCONTINENTAL.
DOHA THE CITY