

نادي كتارا

KATARA CLUB

SEPTEMBER

**GROUP
CLASSES**

REGISTER NOW ON THE
KATARA CLUB APP

SEPTEMBER

سبتمبر

SATURDAY

AFTERBURN

COACH WILLIAM

8 AM | MIXED CLASS

SATURDAY

STRETCHING

COACH UROS

11 AM | MIXED CLASS

نادي كتارا

KATARA CLUB

SEPTEMBER
2EБLEWBEB

SATURDAY

BOOTCAMP

COACH SAVANNAH

4 PM | LADIES ONLY

نادي كتارا

KATARA CLUB

SEPTEMBER

2EБLEWBEB

SUNDAY

GLUTE CAMP

COACH VICTORIA

1 PM | LADIES ONLY

نادي كتارا

KATARA CLUB

SEPTEMBER

سبتمبر

MONDAY

METCON

COACH DORRA

10 AM | LADIES ONLY

MONDAY

HIIT WEIGHTS

COACH JJ

6 PM | MIXED CLASS

نادي كتارا

KATARA CLUB

SEPTEMBER

سبتمبر

TUESDAY

RUNNING

COACH CAROLIN

12 PM | LADIES ONLY

TUESDAY

YOGALATES

COACH LORY

3 PM | LADIES ONLY

نادي كتارا

KATARA CLUB

SEPTEMBER

СЕБЛЕУБЕВ

THURSDAY

KILLER ABS

COACH SIMBA

1 PM | MIXED CLASS

نادي كتارا

KATARA CLUB

نادي كتارا

KATARA CLUB

BOOK
YOUR
CLASSES
NOW

 Available on the
App Store

 GET IT ON
Google Play

نادي كتارا

KATARA CLUB

NEW CLASS GLUTE CAMP

This class focuses on lower body exercises designed to build stronger glutes and tone the legs.

The first class is scheduled for the 8th of September and will run every Sunday of this month.

REGISTER NOW ON THE
KATARA CLUB APP

نادي كتارا

KATARA CLUB

NEW CLASS RUNNING

If you're looking to condition yourself and get faster while improving mobility as a runner, this class is for you.

Beginner friendly sessions are on Tuesday, 3rd and 10th of September.

Intermediate – Advanced sessions are on Tuesday, 17th and 24th of September.

REGISTER NOW ON THE
KATARA CLUB APP