

# ACTIVITY

TIME	PRICE	DURATION	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
07:00 - 8:00	OMR 5	60 min			Gentle Flow @ GREEN	Morning Jogging @ GREEN	Circuit Training @ GREEN
16:45 - 17:30		45 min	Bootcamp @ GREEN	Core & Stretch @ GREEN			Yoga Alignment @ GREEN
Upon Request	Personal training	OMR 15					
	Yoga private session	OMR 10					
	Yoga 3 days session	OMR 25					
	Yoga 5 days session	OMR 40					
	Tennis coach	OMR 21					

To book FIT activities, call +968 2212 0000. All classes are chargeable and bookings must be made in advance. All prices are in OMR, subject to 8% service charge and all applicable taxes.