

نادي كتارا

KATARA CLUB

**OCTOBER**  
GROUP  
CLASSES

REGISTER NOW ON THE  
**KATARA CLUB APP**

# OCTOBER

# OCLOBEB

SATURDAY

## AFTERBURN

COACH WILLIAM

8 AM | MIXED CLASS

SATURDAY

## STRETCHING

COACH UROS

11 AM | MIXED CLASS

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OCTOBER  
OCTOBER

SATURDAY

## BOOTCAMP

COACH SAVANNAH

4 PM | LADIES ONLY

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# OCTOBER

# OCLOBEB

MONDAY

## METCON

COACH DORRA

10 AM | LADIES ONLY

MONDAY

## GLUTE CAMP

COACH VICTORIA

2 PM | LADIES ONLY

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OCTOBER  
OCCLOBEB

MONDAY

## HIIT WEIGHTS

COACH JJ

6 PM | MIXED CLASS

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# OCTOBER

# OCLOBEB

TUESDAY

## RUNNING

COACH CAROLIN

12 PM | LADIES ONLY

TUESDAY

## YOGALATES

COACH LORY

3 PM | LADIES ONLY

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# OCTOBER OCLOBEB

WEDNESDAY

## GLUTE CAMP

COACH DARIA

3 PM | LADIES ONLY

WEDNESDAY

## ENDURE

COACH CANDICE

6 PM | LADIES ONLY

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OCTOBER  
OCCLOBEB

THURSDAY

**KILLER ABS**

COACH SIMBA

1 PM | MIXED CLASS

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**BOOK**  
YOUR  
CLASSES  
**NOW**

 Available on the  
App Store

 GET IT ON  
Google Play

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## NEW CLASS

## ENDURE

Focusing on the most important muscle of the body, the heart, this class will test, and train, your anaerobic and aerobic systems to improve your overall cardiovascular endurance. This class will be based on raising your heart rate, and improving your fitness longevity.

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