نادي ڪــتــارا **KATARA CLUB** NOVEMBER \bigcirc \bigcirc \bigcirc

REGISTER NOW ON THE KATARA CLUB APP

SATURDAY

AFTERBURN

COACH WILLIAM

8 AM | MIXED CLASS



STRETCHING

COACH UROS

11 AM | MIXED CLASS



BOOTCAMP

COACH SAVANNAH

نادي ڪتارا KATARA CLUB

4 PM | LADIES ONLY

MONDAY

METCON

COACH DORRA

10 AM | LADIES ONLY

MONDAY

GLUTE CAMP

COACH VICTORIA

2 PM | LADIES ONLY



HIIT WEIGHTS

COACH JJ



6 PM | MIXED CLASS

TUESDAY

RUNNING

COACH CAROLIN

12 PM | LADIES ONLY



WEDNESDAY

GLUTE CAMP

COACH DARIA

3 PM | LADIES ONLY



ENDURE

COACH CANDICE

6 PM | LADIES ONLY



KILLER ABS

COACH SIMBA



1 PM | MIXED CLASS







