

ESPA

MONDRIAN

DOHA

**WELLNESS
ACTIVITIES**



MONDRIAN

DOHA

SWIMMING LESSONS

- **Sunday** : 9^{AM} to 10^{AM}
Price per person : QAR 100
Group : 10pax

HATHA YOGA

- **Monday** : 9^{AM} to 10^{AM}
- **Wednesday** : 6:30^{PM} to 7:30^{PM}
Price per person : QAR 75
Group : 5pax

BIG 5

- **Tuesday** : 2^{PM} to 3^{PM}
Price per person : QAR 200
Group : 15pax

POWER YOGA

- **Thursday** : 11^{AM} to 12^{PM}
Price per person : QAR 75
Group : 15pax

MEDITATION FOR BEGINNERS

- **Friday** : 6:30^{PM} to 7:30^{PM}
Price per person : QAR 75
Group : 15pax

FUNCTIONAL FITNESS

- **Saturday** : 11^{AM} to 12^{PM}
Price per person : QAR 200
Group : 15pax

**PRIVATE
YOGA**

400 QAR
per person

1 HOUR