

نادي كتارا

KATARA CLUB



NEW CLASS MOBILITY

A dynamic group class designed to enhance all the skills needed for daily life: balance, coordination, range of motion, strength, and endurance.

REGISTER NOW ON THE
KATARA CLUB APP

نادي كتارا

KATARA CLUB



RAMADAN GROUP CLASSES

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KATARA CLUB APP

RAMADAN

بَرَامَادَان

SATURDAY

MOBILITY

COACH DORRA

1 PM | LADIES ONLY

SATURDAY

ZONE 2 CARDIO

COACH CAROLIN

5 PM | LADIES ONLY



نادي كتارا

KATARA CLUB

RAMADAN

بَرَامَادَان

MONDAY

GLUTES CAMP

COACH VICTORIA

5 PM | LADIES ONLY

MONDAY



HIIT WEIGHTS



COACH JJ

6:30 PM | MIXED CLASS

نادي كتارا

KATARA CLUB

RAMADAN

رمضان

TUESDAY

ATHLETIC STRETCHING

COACH UROS

4 PM | MIXED CLASS

TUESDAY

BOOTCAMP

COACH SAVANNAH

5 PM | LADIES ONLY



نادي كتارا

KATARA CLUB

RAMADAN

بَرَامَادَان

WEDNESDAY

GLUTE CAMP

COACH DARIA

5 PM | LADIES ONLY



نادي كتارا

KATARA CLUB

RAMADAN

بَرَامَادَان

THURSDAY

ATHLETIC STRETCHING

COACH UROS

4 PM | MIXED CLASS



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BOOK
YOUR
CLASSES
NOW

Available on the
App Store



GET IT ON
Google Play