Schedule

Yoga

Integrative Iyengar Yoga
Mon & Thu 9:00 – 10:30 am
Sun & Wed 6:30 – 8:00 pm
8 classes (12 hours) / 95JD

Back Care Yoga
Mon & Wed 11:00 am – 12:30 pm
8 classes (12 hours) / 95JD

Yoga Trial Session
Redeemable upon package purchase
20JD

Yoga studio 31 is an extension of OWN Center. Please ask for location details.

Pilates

Equipment Pilates
Morning & evening sessions available
8 classes monthly (2x week) / 150 JD
12 classes monthly (3x week) / 190 JD

Equipment Pilates Trial Session
Redeemable upon package purchase
25 JD

Equipment includes: *Reformer, Tower, Cadillac, Chair, Barrel & MOTR*

Small group setting (max 8) ensures focused, personalized attention.

Fitness

Oriental Cardio Dance
Mon, Wed & Thu 10:00 am – 11:00 am
8 classes / 60JD • 12 classes / 90JD

Body Shape
Mon, Wed & Thu 11:00 am – 12:00 pm
8 classes / 100JD

Burn & Firm
Mon & Wed 9:00 – 10:00 am
8 classes / 75JD

Fitness Trial Session
Redeemable upon package purchase
15JD

Spinning
Sun, Tue & Thu 9:00 – 10:00 am
Mon & Wed 6:00 – 7:00 pm
8 classes / 75JD • 12 classes / 110 JD

Fit for Life
Sun & Tue 10:30 am – 11:30 am
8 classes / 100JD

OWN Summer Water Fitness
Call to schedule
8 classes / 95JD

Workshops & Wellness Retreats
Exprole . Connect . Renew

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Opening Hours

Mon – Wed	7:00 am – 8:00 pm
Thu	7:00 am – 2:00 pm
Fri - Sat	No classes *(except for prearranged classes & workshops)*

ONE WITH NATURE
Pilates • Yoga • Fitness

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