



PEAK PERFORMANCE SEASON 1 - RATE CARD

All classes must be booked in advance via our www.healthdeeplyrooted.com

For the first 8 people of each class free beach access.

 **55985495**

REGULAR CLASSES (Adults & Kids)

SESSION	PRICE PER CLASS	DURATION
Single drop-in session	QAR 65	per class
Block of 8 sessions	QAR 480	Valid for 4 weeks
Block of 16 sessions	QAR 800	Valid for 9 weeks



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FAMILY MUAY THAI 8-WEEK CAMP (Nov 1st – Dec 17th)

All prices include beach access + swim (limited to 8 people per class – discounted beach access available after 8).

PACKAGE	Drop-in session	Full 8– week commitment (per class)	Option A (7 classes/8 weeks)	Option B (14 classes/8 weeks)
Kids	QAR 50	QAR 45	QAR 315	QAR 630
Adult	QAR 75	QAR 55	QAR 385	QAR 770
1 Adult + 1 kid	QAR 125	QAR 100	QAR 700	QAR 1,400
1 Adult + 2 kids	QAR 175	QAR 145	QAR 1,015	QAR 2,030
2 Adults + 2 kids	QAR 250	QAR 200	QAR 1,400	QAR 2,800



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DOHA BROS FAMOUS BOOT CAMP (Nov 1st – Dec 16th)

CAMP	PRICE PER CAMP	INCLUSIONS
14-Class Full Boot Camp	QAR 650	Bonus: first 8 guests per class get FREE beach access.
7-Class Half Boot Camp	QAR 385	Extra: Enjoy exclusive discounts on HDR International Retreats.

FREE COMMUNITY CLASSES

Every Friday morning, **Mental Sweat – FREE CLASS** for all participants (mental health & movement focus) we run – we grind – we connect (men only – last Friday of every month ladies and family's welcome).



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SPECIAL CLASSES

Luna Vitality – SPECIAL FULL MOON SESSION
(Wednesday, November 5th only)

QAR 75

Sunset Pilates on a Yacht

QAR 150

Taste of Thailand Day Pass

QAR 100



PEAK PERFORMANCE SEASON 1 - RATE CARD

HDR 1-2-1 PERSONAL TRAINING

Tier 1 – Senior Coaches (10+ years' experience)

Training available in: Pilates | Yoga | Mobility | Muay Thai | Boxing | Strength & Conditioning | General Fitness

Elite-level professionals with extensive international and local experience. Ideal for clients seeking high-performance coaching, rehabilitation guidance, or advanced technical development.

PACKAGE	Description	Rate (QAR)	Discount
1 Session	Single 1-hour private session	400 QAR	—
6 Sessions Pack	Ideal for consistency and measurable progress	2,160 QAR	10% off (360 QAR savings)
12 Sessions Pack	Full program for performance transformation	4,320 QAR	10% off (480 QAR savings)

Average cost per session with 6- or 12-pack: 360 QAR



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HDR 1-2-1 PERSONAL TRAINING

Tier 2 – Junior Coaches (Under 10 years' experience)

Training available in: Pilates | Yoga | Mobility | Muay Thai | Boxing | Strength & Conditioning | General Fitness

Certified HDR coaches delivering high-quality sessions with close supervision and HDR methodology. Best for beginners and general fitness improvement.

PACKAGE	Description	Rate (QAR)	Discount
1 Session	Single 1-hour private session	300 QAR	—
6 Sessions Pack	Consistency-focused pack	1,620 QAR	10% off (180 QAR savings)
12 Sessions Pack	Deep-dive training program	3,240 QAR	10% off (360 QAR savings)

Average cost per session with 6- or 12-pack: 270 QAR



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HDR 1-2-1 PERSONAL TRAINING NOTES

- All sessions are **60 minutes**, delivered by certified HDR coaches.
- Sessions can be tailored to individual goals: strength, mobility, conditioning, skill work, or holistic wellness.
- Packages are **valid for 6 weeks (6-pack)** and **12 weeks (12-pack)** from first session.
- Cancellations require **24-hour notice** to avoid session deduction.



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Terms & Conditions

- Bookings are needed for each class and program in advance & latest on 1 day before for drop-ins.
- All classes run outdoors at West Bay Beach sports hub area.
- Minimum participants required to run a class; sessions may be cancelled if below minimum.
- Free access for first 8 adults per class to beach facilities; all kids attending Muay Thai classes must have an accompanying adult.
- Blocks are valid only for duration mentioned from date of purchase.
- Consent required for any photography/video during sessions.

Optional Add-ons will be updated on the HDR Website

- Special events
- Ice bath and pop-up recovery stations.
- Discounts with F&B and wellness and fitness partners.
- Discounts on or international retreats to Thailand and Italy.