



## OUR TRAININGS

Personal training, Functional training, Strength and conditioning, Fat loss, Muscle gain, Aerobic and Aerobic activities, Bodybuilding, Diet and Nutrition, Power yoga, Weekly 2 days outdoor group training, Powerlifting, Calisthenics, Masters athletic training, Special population training

## OUR HIGHLIGHTS

Specialized training programs are available  
24-hour training to accommodate your schedule anytime!

## CHOOSE YOUR PACKAGE

1 Month	3 Months	6 Months	12 Months
200 QR	500 QR	800 QR	1200 QR

## PERSONAL DEDICATED TRAINING

UNDERGROUND AND FRONT PARKING FACILITIES ARE AVAILABLE.  
OUTDOOR TRAINING IS AVAILABLE TWICE A WEEK TO ENHANCE YOUR SKILLS.

**600 QR**

**20 SESSIONS WITHIN ONE MONTH**

FAT TO FIT FITNESS W.L.L | CR.NO: 191725

NEW SALATA, NEAR TURKISH HOSPITAL, C RING ROAD, DOHA, QATAR.

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[www.fattofit.qa](http://www.fattofit.qa)



Location