



# QATAR NATIONAL SPORT DAY at Losail International Circuit for Ladies

ALL DAY ACTIVITIES - 9 am to 7 pm

**Cycling, Running & Walking**

**Tuesday, 12 February 2019**

## LADIES ACTIVITIES

- Pound fitness class
- Zumba
- Yoga
- Hip Hop class
- Martial Arts
- Bollywood dancing
- Functional Fitness sessions
- Body Basic Fitness
- Workshop on healthy lifestyle by Reem Al-Muftah
- Express Sport Massage
- Motorsport Academy Show

## KIDS ACTIVITIES

- Zumba
- Xtork Extreme Sports Park
- Inflatables
- Basketball
- Pedal cars by Porsche
- Face Painting
- Foosball
- Ping Pong
- Arts & Crafts
- Kids Boot Camp by Shabaab 22
- Kids corner & games

### IMPORTANT:

- Please bring your Qatar ID
- All activities are free except bicycle rental (40 QR/hour)
- No ATM available

