

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.

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

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

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.

One With Nature

Trips • Workshops • Retreats

Stay connected for our upcoming experiences

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

Yoga • Pilates • Fitness

One With Nature Center • O.W.N Center

OneWithNatureCenter.com

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f @ OneWithNatureCenter

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