



WELCOME BACK TO OUR

June 2025 / Vol 1

MONTHLY NEWSLETTER



TRAIN + EAT + SLEEP = REPEAT

GROUP CLASSES



WALDORF ASTORIA LUSAIL
read more to find out the
schedule and what's included

[BOOK NOW](#)

BALA



NEW
ba\la items are in stock!

[SHOP NOW](#)

RITE



PLANT BASED
23g protein!

[SHOP NOW](#)



NEW

Here's everything new, exciting, and exclusive this month — from luxe new class locations to the gear and fuel we're obsessed with. Let's move!

NEW GROUP CLASSES LOCATION – WALDORF ASTORIA LUSAIL DOHA

We've officially launched group classes at the stunning Waldorf Astoria Lusail Doha!

Class Times:

- Sunday & Tuesday – 6:15 PM
- Friday – 11:00 AM
- Saturday – 5:30 PM

💰 150 QAR per class

🌟 **Includes** full spa access: **thermal vitality pool, sauna, steam room & Aquamoon shower.**

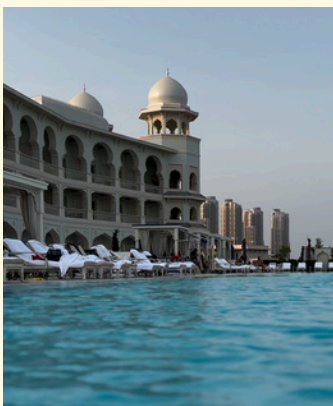
Spots are limited – book early!

BOOK NOW



GROUP CLASSES LOCATIONS:

THE CHEDI KATARA



📍 KATARA VILLAGE

gym, pool and beach access

THURSDAY **1.30pm** (females)
FRIDAY **1.30pm** (females)

BOOK



CURVE PILATES



📍 EDGE LA PLAZA

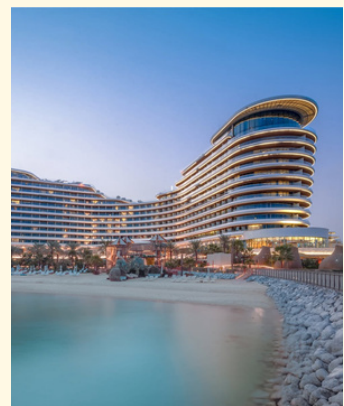
book through the app

MONDAY **7pm** (females)
SATURDAY **1pm** (females)

BOOK



WALDORF LUSAIL



📍 LUSAIL

full spa access


SUNDAY & TUESDAY **6.15pm**
FRIDAY **11am**, SATURDAY **5.30pm**

BOOK



WHAT'S NEW?

FORMA SPORTS KEEPS FITNESS IN STYLE WITH OUR NEW POP-UPS

THIS MONTH'S ESSENTIAL FITNESS FASHION UPDATE. **SHOP NOW** 

BOOTY BANDS

5 resistance levels in one pretty little pack!

SHOP NOW 

<https://ninjoo.com/collections/bala> 



BIG BANDS

Light, medium and heavy! All the vibes!

SHOP NOW 

<https://ninjoo.com/collections/bala> 



PLANT-BASED PROTEIN

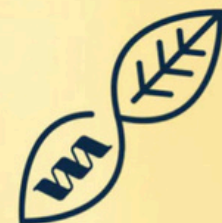
23g protein, 4g BCAAs,
4g L-Glutamine,
0g sugar

SHOP NOW  <https://myrite.co>

rite.

PLANT PROTEIN

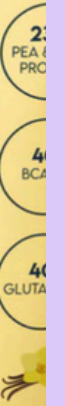
VEGAN PROTEIN DRINK MIX



NATURAL VANILLA FLAVOR

FOOD SUPPLEMENT

NET WEIGHT - 450G (15 SERVINGS)



DORE & ROSE

Deep Sleep cooling collectin

AVAILABLE FOR PRE-order 

[+97470538181 WATS APP](https://ninjoo.com/collections/bala)

