

OUR PACKAGES

At Forma Sports, we deliver private training in your **home or online**, from Pilates and mobility to strength, resistance, and safe pregnancy and postpartum recovery programs.

Step 1. FREE CONSULTATION + DEMO CLASS

During your consultation, we assess your body composition, review your nutrition needs, optionally create your equipment bundle, perform a FREE demo class and help you choose your next training package.

InBody analysis



nutrition guide



bala bundle



Step 2. TRIAL CLASS / FIRST PACKAGE

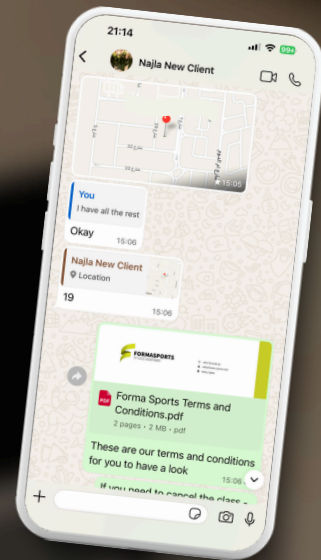
Once your consultation is complete, start with a trial class or move forward with the training package tailored to you.

BOOK FREE CONSULTATION
+974 7053 8181

TRAININGS ONLY

Now that you've selected your training package, you can choose between sessions with **trainer-provided equipment** or a package that includes **your own customized equipment bundle**.

1. **Choose** your preferred training days and timings.
2. **Share** your location details with your trainer.
3. **Begin** your training journey.



TRAININGS ONLY

ONE MONTH PACK

QAR 2400

Valid 30 days

- ✓ 8 Personal Trainings
- ✓ One Free Cancellation
- ✓ Food Intake Calculation

Let's Begin

TWO MONTHS PACK

QAR 4750

Valid 60 days

- ✓ 16 Personal Trainings
- ✓ Two Free Cancellations
- ✓ Food Intake Calculation
- ✓ One Class Free

Let's Begin

THREE MONTHS PACK

QAR 6700

Valid 90 days

- ✓ 24 Personal Trainings
- ✓ Three Free Cancellations
- ✓ Food Intake Calculation
- ✓ One Class Free
- ✓ 2 Free Group Classes

Let's Begin

+ small welcoming gift



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TRAININGS + BUNDLE

If you don't have equipment or prefer to have **your own** - we've got you covered.

We create your **personalized bala equipment bundle** based on your goals (2-4 days delivery to your doorstep) and training level.



Starter Pack



Go Pro Pack

Training + Equipment Bundle

- 📅 1 Month 3500 QAR
- 📅 2 Month 5800 QAR
- 📅 3 Month 7800 QAR


☆ Mat, Rubbers, Bangles & Bars



Training + Equipment Bundle

- 📅 1 Month 3200 QAR
- 📅 2 Month 5500 QAR
- 📅 3 Month 7500 QAR


☆ Pilates Ball, Ring, Heavy Bangles



Training + Equipment Bundle

- 📅 1 Month 2900 QAR
- 📅 2 Month 5300 QAR
- 📅 3 Month 7200 QAR

☆ Sliders, Beam



Level Up Pack

As you progress, your package can evolve with you — with **each new level unlocking upgraded equipment** to match your strength and growth.

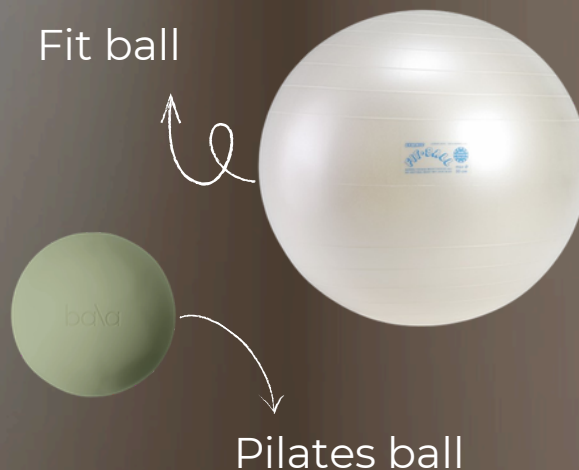
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PRE-/ POSTPARTUM

Specialized programs designed to safely support women **during pregnancy** and **recovery after birth**. Focused on strength, mobility, core rehabilitation, and gentle progression — always guided with care.

- **Deep core** and **Pelvic floor** focused workouts.
- **Diastasis Recti** exercises.



REFORMER PILATES

Structured, level-based **reformer training** designed to build strength, control, and progression in a studio setting.



(FOLD reformer machines for sale + bala equipment bundles)

FOLD reformer machine



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