

MARCH 2023

GROUP EXERCISE TIMETABLE AT JUMEIRAH BEACH HOTEL



WELNESS - STUDIO 1

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
07:00					POWER YOGA RAHUL (60 MIN)		
08:30		POWER YOGA RAHUL (60 MIN)	YOGA SONALI (45 MIN)				
09:00				ZUMBA ERICK (50 MIN)			
09:30	WARRIOR FLOW ALLAOUA (45 MIN)		EXPRESS PILATES ALICE (45 MIN)		WARRIOR FLOW ALLAOUA (45 MIN)		
10:00		POWER PILATES ALICE (60 MIN)		PILATES ALICE (60 MIN)		ZUMBA ERICK (50 MIN)	
10:30	ACTIVE STRECH & MOBILITY ALLAOUA(60 MIN)		J STRENGTH VASILI (60 MIN)		ACTIVE STRECH & MOBILITY ALLAOUA(60 MIN)		
17:00	ZUMBA ERICK (50 MIN)		ZUMBA ERICK (50 MIN)				

HIGHT IMPACT - STUDIO 2

08:30	BURN RANIA (60 MIN)		BODYPUMP GABRIELLA (60 MIN)				
09:00						BOXING BURHON (60 MIN)	
09:30	STICK MOBILITY RANIA (60 MIN)		GLUTES & ABS GABRIELLA (45 MIN)		GLUTES & ABS GABRIELLA (45 MIN)		
09:45		BODYPUMP RANIA (60 MIN)		BOXFIT RANIA (60 MIN)			
10:00						KIDS BOXING (5 -11 YRS) BURHON (60 MIN)	BODYPUMP RANIA (60 MIN)
10:30					TONE & STRETCH GABRIELLA (45 MIN)		
11:15							TEEN BOXING (12 -16 YRS) BURHON (60 MIN)

CYCLING STUDIO - STUDIO 3

08:30	RPM ALICE (50 MIN)	RPM RANIA (50 MIN)	RPM ALICE (50 MIN)	GEAR CYCLING RANIA (50 MIN)	BIKES & BEATS AHMED (50 MIN)		
09:00							RPM RANIA (50 MIN)
18:30		THE TRIP GRAHAM (50 MIN)					
19:00				RPM AHMED (50 MIN)			

GYM FLOOR - TRX ZONE

08:45						TRX FAST CLASS LARRY(15 MIN)	
09:15			TRX LARRY(45 MIN)				
12:00					BODYWEIGHT BLAST VASILI (15 MIN)		
13:15			ABS FAST CLASS ERIC (15 MIN)				

OUTDOOR GYM

08:15	J CONDITION LARRY (45 MIN)	J CONDITION BUHON (45 MIN)		J CONDITION EBRA (45 MIN)	J CONDITION LARRY (45 MIN)		
09:00						BOOTCAMP LARRY (50 MIN)	
19:00							BOXING CONDITION BURHON (60 MIN)

CARDIO. IMPROVE YOUR CARDIOVASCULAR SYSTEM AND BURN CALORIES

SHAPE/CONDITIONING. SCULPT AND STRENGTHEN YOUR MUSCLES AND CHANGE THE SHAPE OF YOUR BODY

BODY & MIND. RELEASE STRESS, IMPROVE FLEXIBILITY AND STRENGTHEN YOUR CORE

To pre-book classes, call 04 406 8872 or email info@thejclub.com

Please remember to bring a towel and a mat (if required) and arrive at least 5-min before class starts.