

MARCH 2023

GROUP EXERCISE TIMETABLE AT JUMEIRAH MINA A'SALAM



| TIME | MON | TUE | WED | THU | FRI | SAT | SUN |
|-------|---|--|-------------------------------------|------------------------------|-------------------------------------|---|-------------------------------------|
| 07:00 | LES MILLS VIRTUAL RPM (60 MIN) | LES MILLS VIRTUAL BODYCOMBAT (60 MIN) | BOOTCAMP ANTHONY (60 MIN) | YOGA RAHUL (60 MIN) | LES MILLS VIRTUAL BODYPUMP (60 MIN) | | |
| | J CLUB FUNCTIONAL FITNESS MATT (60 MIN) | BOOTCAMP ANTHONY (60 MIN) OUTDOOR GYM | | | OUTDOOR GYM | J CLUB FUNCTIONAL FITNESS MATT (60 MIN) | |
| 08:00 | YOGA RAHUL (60 MIN) | | VINYASA YOGA ISHA (60 MIN) | RESHAPE CHRISTIE (60 MIN) | | | |
| 08:15 | TRX ALISHER (45 MIN) OUTDOOR GYM | RPM GREG (50 MIN) | TRX ALISHER (45 MIN) OUTDOOR GYM | | RPM GREG (50 MIN) | TRX ALISHER (45 MIN) OUTDOOR GYM | TRX ALISHER (45 MIN) OUTDOOR GYM |
| | | TRX FULL BODY WORKOUT MIRA (45 MIN) OUTDOOR GYM | | BODYPUMP ALICE (60 MIN) | | | |
| 08:30 | | | | | | | |
| 09:00 | | AQUA AEROBICS ERICK (60 MIN) | ZUMBA ERICK (50 MIN) | | AQUA AEROBICS ERICK (60 MIN) | CORE VASILI (45 MIN) | ZUMBA ERICK (50 MIN) |
| 09:15 | ZUMBA ERICK (50 MIN) | | | | BODYPUMP RANIA (60 MIN) | | |
| 09:45 | | BOXING CONDITIONING BURHON (60 MIN) | | | | | |
| 10:00 | | CORE CHRISTIE (45 MIN) | ASHANTAGA YOGA SONALI (60 MIN) | | | BOOTCAMP VASILI (45 MIN) OUTDOOR GYM | AQUA AEROBICS ERICK (60 MIN) |
| 10:15 | POWER PILATES ALICE (60 MIN) | | | | | | |
| 10:30 | | | | | ZUMBA ERICK (50 MIN) | | POWER PILATES ALICE (60 MIN) |
| 16:00 | | KIDS BOXING 5-11Y BURHON (60 MIN) | | | | | ZUMBA ERICK (50 MIN) |
| 17:00 | | | | | | GLUTES & ABS ANTHONY (45 MIN) | BODYPUMP GABRIELLA (60 MIN) |
| 17:30 | BODYPUMP RICHARD (60 MIN) | HIIT ANTHONY (45MIN) | | LES MILLS CORE CATE (45 MIN) | HIIT ANTHONY (45MIN) | | |
| 18:30 | BODYCOMBAT RICHARD (60 MIN) | RPM AHMED (55 MINS) | BODYBALANCE CATE (50 MIN) | VINYASA YOGA ISHA (60 MIN) | TRX ALISHER (45 MIN) OUTDOOR GYM | | |
| | | | | | | | |
| 19:30 | BOOTCAMP VASILI (45 MIN) | ABS BLAST VASILI (45 MIN) | ZUMBA ERICK (50 MIN) | BOOTCAMP VASILI (45 MIN) | GLUTE LAB VASILI (45 MIN) | | |
| | | | GLUTE LAB VASILI (45 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.