

APRIL 2024

GROUP EXERCISE TIMETABLE AT JUMEIRAH MINA A'SALAM



TIME	MON	TUE	WED	THU	FRI	SAT	SUN
07:00	G.E.A.R CYCLING PAULA (50 MIN)	BOOTCAMP ANTONY (60 MIN)	BOOTCAMP ANTONY (60 MIN)	YOGA RAHUL (60 MIN)	GLUTES BLAST PEDRO (45 MIN)		
08:00	YOGA RAHUL (60 MIN)		YOGA ISHA (60 MIN)	BARRE FARIBA (45MIN)			
08:15		RPM GREG (50 MIN)			RPM GREG (50 MIN)		
08:30		REFORMER PILATES Intermediate ALICE (45 MIN)		REFORMER PILATES Intermediate ALICE (45 MIN)			
09:00			ZUMBA ERICK (50 MIN)	BODYPUMP HAMZA (60 MIN)	AQUA GX ERICK (50 MIN)		ZUMBA ERICK (50 MIN)
09:15	ZUMBA ERICK (50 MIN)	ZUMBA BELLY DANCING ERICK (50 MIN)			BODYPUMP RANIA (60 MIN)		
09:30		REFORMER PILATES Fundamentals ALICE (45 MIN)		REFORMER PILATES FARIBA (45 MIN)			REFORMER PILATES Intermediate ALICE (45 MIN)
09:45				J CONDITION HAMZA (60 MIN)			
10:00			ASHTANGA YOGA SONALI (60 MIN)				
			REFORMER PILATES Fundamentals ALICE (45 MIN)				
10:15	POWER PILATES ALICE (60 MIN)	AQUA GX ERICK (50 MIN)					
10:30		REFORMER PILATES Fundamentals ALICE (45 MIN)		STRETCHING FARIBA (45 MIN)	ZUMBA ERICK (50 MIN)		POWER PILATES ALICE (60 MIN)
11:30	REFORMER PILATES Fundamentals ALICE (45 MIN)						
16:00				KIDS ZUMBA 5 -12Y DON (45 MIN)	KIDS YOGA 5 -12Y DON (45 MIN)		ZUMBA ERICK (50 MIN)
17:00	BODYPUMP RICHARD (60 MIN)					GLUTES & ABS ANTHONY (45 MIN)	J CONDITION ERIC (60 MIN)
17:30		HIIT ANTONY (45MIN)		LES MILLS CORE CATE (50 MIN)	HIIT ANTONY (45MIN)		
18:00	BODYCOMBAT RICHARD (60 MIN)	BARRE FARIBA (45MIN)	STICK MOBILITY AURELIE (50 MIN)	REFORMER PILATES FARIBA (45 MIN)			
18:30				VINYASA YOGA ISHA (60 MIN)	BODYPUMP HAMZA (60 MIN)		
19:00		REFORMER PILATES FARIBA (45 MIN)	ZUMBA ERICK(50 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 04 366 6821 or email mjreception@thejclub.com
Please remember to bring a towel and a mat (if required) and arrive at least 5-min before class starts.