

JULY 2024

GROUP EXERCISE TIMETABLE AT JUMEIRAH MINA A`SALAM



| TIME | MON | TUE | WED | THU | FRI | SAT | SUN |
|-------|---|---|---|---|--------------------------------------|--|---|
| 07:00 | | BOOTCAMP ANTONY (60 MIN) | BOOTCAMP ANTONY (60 MIN) | YOGA RAHUL (60 MIN) | | | |
| 08:00 | YOGA RAHUL (60 MIN) | | YOGA ISHA (60 MIN) | | | YOGA ISHA (60 MIN) | |
| 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) | | CORE VASILI (45 MIN) | ZUMBA ERICK (50 MIN) |
| 09:15 | ZUMBA ERICK (50 MIN) | ZUMBA BELLY DANCE ERICK (50 MIN) | | | | | |
| 09:30 | | REFORMER PILATES Fundamentals ALICE (45 MIN) | | | BODYPUMP RANIA (60 MIN) | | REFORMER PILATES Intermediate ALICE (45 MIN) |
| 09:45 | | | | J CONDITION HAMZA (60 MIN) | | | |
| 10:00 | | | REFORMER PILATES Fundamentals ALICE (45 MIN) | | | BOOTCAMP VASILI (45 MIN) | |
| 10:15 | POWER PILATES ALICE (60 MIN) | AQUA GX ERICK (50 MIN) | | | | | |
| 10:30 | | REFORMER PILATES Fundamentals ALICE (45 MIN) | | | ZUMBA ERICK (50 MIN) | | POWER PILATES ALICE (60 MIN) |
| 11:30 | REFORMER PILATES Fundamentals ALICE (45 MIN) | | | | | | |
| 16:00 | | | | | | | ZUMBA ERICK (50 MIN) |
| 17:00 | BODYCOMBAT 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 | BODYPUMP RICHARD (60 MIN) | | | REFORMER PILATES ALICE (45 MIN) | | | |
| 18:30 | | | | YOGA ISHA (60 MIN) | | | |
| 19:00 | | REFORMER PILATES ALICE (45 MIN) | ZUMBA ERICK(50 MIN) | | | | |
| 19:30 | | BOOTCAMP VASILI (45 MIN) | GLUTE AND CORE 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 04 366 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.