

# OCTOBER 2024

## GROUP EXERCISE TIMETABLE AT JUMEIRAH MINA AL SALAM



TIME	MON	TUE	WED	THU	FRI	SAT	SUN
06:00			VIRTUAL RPM (60 MIN)				
07:00	G.E.A.R CYCLING PAULA (60 MIN)	BOOTCAMP ANTONY (60 MIN)	BOOTCAMP ANTONY (60 MIN)	YOGA RAHUL (60 MIN)	VIRTUAL BODYPUMP (60 MIN)		
08:00	YOGA RAHUL (60 MIN)		YOGA ISHA (60 MIN)	BARRE SOFIA (45 MIN)	REFORMER PILATES SOFIA (45 MIN)		
08:15		RPM GREG (50 MIN)			RPM GREG (50 MIN)		OUTDOOR GYM BOOTCAMP EBRA(45 MIN)
08:30		REFORMER PILATES ALICE (45 MIN)	AQUA BIKE ALICE (50 MIN)	REFORMER PILATES ALICE (45 MIN)			
09:00		TRX EBRA (45 MIN)	ZUMBA ERICK (50 MIN)	BODYPUMP HAMZA (45 MIN)	AQUA BIKE ERICK (50 MIN)	OUTDOOR GYM CORE VASILI (45 MIN) YOGA ISHA (60 MIN)	ZUMBA ERICK (50 MIN)
09:15	ZUMBA ERICK (50 MIN)	ZUMBA BELLY DANCE ERICK (50 MIN)					
09:30		REFORMER PILATES ALICE (45 MIN)			BODYPUMP RANIA (60 MIN)		REFORMER PILATES SOFIA (45 MIN)
09:45				J CONDITION HAMZA (60 MIN)			
10:00			ASHTANGA YOGA SONALI (60 MIN) REFORMER PILATES ALICE (45 MIN)			BOOTCAMP VASILI (45 MIN)	AQUA GX ERICK (50 MIN)
10:15	AQUA BIKE ERICK (50 MIN) POWER PILATES ALICE (60 MIN)	AQUA GX ERICK (50 MIN)					
10:30		REFORMER PILATES ALICE (45 MIN)			ZUMBA ERICK (50 MIN)		POWER PILATES SOFIA (60 MIN)
11:30	REFORMER PILATES ALICE (45 MIN)						
16:00				KIDS YOGA (5-12 y) DONNY (45 MIN)	KIDS ZUMBA (5-12 y) DONNY (45 MIN)		ZUMBA ERICK (50 MIN)
17:00	BODYCOMBAT RICHARD (60 MIN)		VIRTUAL RPM (60 MIN)	TRX EBRA (60 MIN) LES MILLS SHAPE CATE (50 MIN)		GLUTES & ABS ANTHONY (45 MIN)	
17:30		HIIT ANTONY (45MIN)			HIIT ANTONY (45MIN)		
18:00	BODYPUMP RICHARD (50 MIN)		STICK MOBILITY AURELIE (50 MIN)	BODYPUMP RICHARD (50 MIN)			
18:30					VIRTUAL BODYBALANCE (60 MIN)		
19:00		BARRE SOFIA (45 MIN) AQUA BIKE ERICK (50 MIN)	ZUMBA ERICK(50 MIN)	REFORMER PILATES SOFIA (45 MIN) YOGA ISHA (60 MIN)			
19:30	VIRTUAL DANCE (60 MIN)	BOOTCAMP VASILI (45 MIN)	GLUTE AND CORE VASILI (45 MIN)				
20:00		REFORMER PILATES SOFIA(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](mailto:mjreception@thejclub.com)  
Please remember to bring a towel and a mat (if required) and arrive at least 5-min before class starts.