

DECEMBER 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)	ASHTANGA YOGA SONALI (75 MIN)				
09:00				ZUMBA ERICK (50 MIN)		BOOTCAMP LARRY (50 MIN)	
09:30	YOGA FLOW RAHUL (60 MIN)						
10:00		POWER PILATES ALICE (60 MIN)		PILATES ALICE (60 MIN)	BODYBALANCE CATE (60 MIN)	ZUMBA ERICK (50 MIN)	
10:30			J STRENGTH VASILI (60 MIN)				
17:00	ZUMBA ERICK (50 MIN)		ZUMBA ERICK (50 MIN)	BELLY DANCING ERICK (50 MIN)			

HIGHT IMPACT - STUDIO 2							
08:30	BURN RANIA (60 MIN)		BODYPUMP GABRIELLA (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							ADULTS BOXING 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							
19:00				RPM AHMED (50 MIN)			

GYM FLOOR - TRX ZONE							
09:15			TRX LARRY(45 MIN)				
13:15			ABS FAST CLASS ERIC (15 MIN)				

OUTDOOR							
07:15					RUNNING CLUB JAMIE		
08:15	OUTDOOR GYM J CONDITION LARRY (45 MIN)			OUTDOOR GYM J CONDITION BURHON (45 MIN)	OUTDOOR GYM J CONDITION LARRY (45 MIN)		
08:30			OUTDOOR GYM J CONDITION HAMZA (45 MIN)				
10:00			OUTDOOR GYM CORE BLAST AURELIE (45 MIN)				TEEN BOXING (12 - 16 YRS) 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 04 366 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.