

OCTOBER



GROUP EXERCISE TIMETABLE AT JUMEIRAH BEACH HOTEL

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.

| TIME | SUN | MON | TUE | WED | THU | FRI | SAT |
|---|------------------------------|---------------------------------|--|--|------------------------------------|----------------------------|-----------------------------|
| WELLNESS - STUDIO 1 | | | | | | | |
| 07:00 | | | | | POWER YOGA RAHUL (60 min) | | |
| 07:45 | J CONDITION EBRA (45 min) | | | | | | |
| 08:15 | | POWER YOGA RAHUL (60 min) | | J CONDITION ERIC (45 min) | J CONDITION LARRY (45 min) | | |
| 08:30 | | | ASHTANGA YOGA SONALI / VINI (60 min) | | | | J INTERVAL VINI (60 min) |
| 09:00 | J INTERVAL VINI (45 min) | | | | | BOOTCAMP LARRY (60 min) | |
| 09:10 | | | | ZUMBA ERICK (50 min) | | | |
| 09:30 | | | | | J STRENGTH VINI (60 min) | | |
| 10:00 | J FLOW VINI (45 min) | POWER PILATES ALICE (60 min) | BODYCOMBAT OLGA (60 min) | | | | |
| 10:10 | | | | PILATES ALICE (60 min) | | ZUMBA ERICK (50 min) | |
| 10:40 | | | | | ZUMBA ERICK (50 min) | | |
| 11:10 | | | CORE & MOBILITY OLGA (45 min) | | | | |
| 17:00 | ZUMBA ERICK (50 min) | | | | | | |
| 18:00 | | | | RESTORATIVE YOGA KSENIA (45 min) | | | |
| 19:30 | YOGA RAHUL (60 min) | | | | | | YOGA RAHUL (60 min) |
| HIGH IMPACT - STUDIO 2 | | | | | | | |
| 08:15 | | | J CONDITION LARRY (45 min) | | | | |
| 08:30 | BURN RANIA (120 min) | BODYPUMP GABRIELLA (60 min) | | BODYPUMP ALICE (60 min) | CORE & MOBILITY VINI (45 min) | | |
| 09:30 | | | J STRENGTH VINI (60 min) | | GLUTES & ABS GABRIELLA (45 min) | | |
| 09:45 | | BODYPUMP RANIA (60 min) | | BOXFIT RANIA (60 min) | | | |
| 10:00 | | | | | | | BODYPUMP RANIA (60 min) |
| 10:30 | | | | | BODYPUMP GABRIELLA (60 min) | | |
| CYCLING STUDIO - STUDIO 3 | | | | | | | |
| 08:30 | RPM ALICE (50 min) | RPM RANIA (50 min) | RPM MARATHON ALICE (60 min) | RPM RANIA (50 min) | BIKES & BEATS MATT (50 min) | | |
| 09:00 | | | | | | | RPM RANIA (50 min) |
| GYM FLOOR - TRX ZONE | | | | | | | |
| 08:15 | | J CONDITION EBRA (45 min) | | | | | |
| 09:15 | | | TRX LARRY (45 min) | | | | |
| OUTDOORS - BEACH (MEETING POINT AT J CLUB RECEPTION) | | | | | | | |
| 07:00 | | RUN CLUB ISLAM (45 min) | | RUN CLUB DUNJA (45 min) | | | |

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CLASS DESCRIPTIONS

| CARDIO. IMPROVE YOUR CARDIOVASCULAR SYSTEM AND BURN CALORIES | DURATION |
|---|----------|
| Bodycombat™ is the empowering group fitness cardio workout where you are totally unleashed. This fiercely energetic program is inspired by mixed martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai . | 60-Min |
| RPM™ is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within – sweat and burn to reach your endorphin high. | 55-Min |
| Zumba is a fitness class that combines dance and fitness moves. Inspired by Latin dance and music, zumba uses a variety of styles in its routines, including cumbia, merengue, salsa, reggaeton, mambo, rumba, flamenco, and hip hop. You could burn between 350 to 800 calories per class; it all depends on how you exert yourself! | 50-Min |
| SHAPE/CONDITIONING. SCULPT AND STRENGTHEN YOUR MUSCLES AND CHANGE THE SHAPE OF YOUR BODY | DURATION |
| J Condition is the J Club 's first signature workout! Shape, tone and condition your body successfully with this unique circuit style training. | 45-Min |
| Bodypump™ is one of the world's fastest ways to get in shape as it challenges all of your major muscle groups while you squat, press, lift and curl. Using barbells, this class will sculpt, tone and strengthen your entire body. | 60-Min |
| Bootcamp is a fusion of intense short cardio vascular and functional training exercises. Using the most innovative tools TRX, Vpr and kettlebell's the class is incorporating many different styles of training, including strength, core, cardio, speed, agility and flexibility in a fun environment. Core, the powerhouse of the body often gets neglected. In this class we shape and tone our midsection by strengthening the core, improve posture and prevent injuries. | 60-Min |
| J Interval develops all physical capacities; mobility, strength and endurance in this integrated format. Execute movements with accuracy and awareness through breath and visualisation. The class begins with joint mobility, is followed by a main phase of intense intervals and concludes with flexibility/stability exercises to accelerate post - workout recovery. | 45-min |
| J Strength an all encompassing workout combining high intensity interval training and functional movement using a variety of weight training equipment | 60-min |
| TRX is a revolutionary method of leveraged body weight exercise, using the trx suspension trainer. A complete body workout that builds power, strength, flexibility, balance, mobility and core stability. | 60-Min |
| Power Pilates helps you to shape and tone your body by taking your pilates training to the next level in this challenging advanced class. A non-stop workout which incorporates a variety of pilates equipment including the foam roller, pilates ring, and softball. | 60-Min |
| BODY & MIND. RELEASE STRESS, IMPROVE FLEXIBILITY AND STRENGTHEN YOUR CORE | DURATION |
| Core and Mobility open and ease the tension accumulated by sitting for long periods of time. A class designed to compensate for the load and stress that our body suffers by activating the correct muscles to improve posture, prevent injuries and condition the core. | 45-Min |
| J Flow free your mind and body in order to move better, painlessly and with ease. A workout that explores the body's full range of movement by incorporate inguitive awareness and synchronised breathing. | 45-Min |
| Pilates this class focusses on the fundamentals of movement from which we build a strong body. A fantastic rehabilitative class beneficial to all levels of fitness. Develop core strength, mobilise your joints and improve postural alignment. | 60-Min |
| Yoga a slow-paced style in which asanas (postures) are held for longer periods of time to really allow the body and mind to fully release and rejuvenate. Posture and correct spinal alignment. | 60-Min |
| Ashtanga Yoga an energetic style of yoga in which individual postures (asanas) are linked by flowing movements (vinyasas). | 60-Min |
| Power Yoga invigorate your body and mind with this fitness-based vinyasa practice focused on building internal heat, increasing stamina, strength and flexibility whilst releasing stress. | 60-Min |