

EID 2022

GROUP EXERCISE TIMETABLE AT JUMEIRAH BEACH HOTEL



WELLNESS - STUDIO 1							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
07:00					POWER YOGA RAHUL (60 MIN)		
08:15	J CONDITION LARRY (45 MIN)	POWER YOGA RAHUL (60 MIN)		J CONDITION EBRA (45 MIN)	J CONDITION LARRY (45 MIN)		
08:30							
09:00				ZUMBA ERICK (50 MIN)		BOOTCAMP LARRY (50 MIN)	
09:30	WARRIOR FLOW ALLAOUA (45 MIN)				WARRIOR FLOW ALLAOUA (45 MIN)		ASHTANGA YOGA SONALI (60 MIN)
09:35			J STRENGTH VASILI (45 MIN)				
10:00		POWER PILATES ALICE (60 MIN)		PILATES ALICE (60 MIN)		ZUMBA ERICK (50 MIN)	
10:30	ACTIVE STRETCH & MOBILITY ALLAOUA (60 MIN)				ACTIVE STRETCH & MOBILITY ALLAOUA (60 MIN)		
17:00	ZUMBA ERICK (50 MIN)		ZUMBA ERICK (50 MIN)				
19:30							YOGA RAHUL (60 MIN)
HIGH IMPACT- STUDIO 2							
08:15		J CONDITION EBRA (45 MIN)					
08:30	BURN VASILI (60 MIN)		BODYPUMP GABRIELLA (45 MIN)	BODYPUMP ALICE (60 MIN)	GLUTES & ABS GABRIELLA (45 MIN)		
09:30			GLUTES & ABS GABRIELLA (45 MIN)		BODYPUMP GABRIELLA (60 MIN)		
09:45	BOXING BURHON (60 MIN)	BODYPUMP RANIA (60 MIN)		BOXFIT VASILI (60 MIN)			
10:00						KIDS BOXING (5-11 YRS) BURHON (60 MIN)	BODYPUMP RANIA (60 MIN)
11:15							TEEN BOXING (12-16 YRS) BURHON (60 MIN)
17:30	BODYPUMP NUNO (60 MIN)						
CYCLING STUDIO - STUDIO 3							
08:30	RPM ALICE (50 MIN)	RPM RANIA (50 MIN)	RPM MARATHON ALICE (50 MIN)	GEAR RANIA (50 MIN)	BIKES & BEATS MATT (50 MIN)		
09:00							RPM RANIA (50 MIN)
18:30	RPM NUNO (50 MIN)	THE TRIP GRAHAM (45 MIN)					
GYM FLOOR - TRX ZONE							
09:15			TRX LARRY (45 MIN)				