

JUNE 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			ASHTANGA YOGA SONALI (60 MIN)				
09:00						BOOTCAMP LARRY (50 MIN)	
09:10				ZUMBA ERICK (50 MIN)			
09:30	WARRIOR FLOW ALLAOUA (45 MIN)				WARRIOR FLOW ALLAOUA (45 MIN)		ASHTANGA YOGA SONALI (60 MIN)
09:45			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 RANIA (60 MIN)		BODYPUMP GABRIELLA (45 MIN)	BODYPUMP ALICE (60 MIN)			
09:00						BOXING BURHON (60 MIN)	
09:30	CORE & 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					BODYPUMP GABRIELLA (45 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 CYCLING 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)					
19:00				RPM AHMED (50 MIN)			
GYM FLOOR - TRX ZONE							
09:15			TRX LARRY (45 MIN)				
OUTDOOR GYM							
06:00			FIT TO RUN (60 MINS)				
19:00				FIT TO RUN (60 MINS)			

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.