



## JUMEIRAH BEACH HOTEL – JULY 2021

TIME	SUN	MON	TUE	WED	THU	FRI	SAT
07:00					POWER YOGA RAHUL / WELLNESS STUDIO (60 min)		
07:45	J CONDITION LARRY / WELLNESS STUDIO (45 min)						
08:15		POWER YOGA RAHUL / WELLNESS STUDIO (60 min)	J CONDITION LARRY / HIGH IMPACT STUDIO (45 min)	J CONDITION IBRA / WELLNESS STUDIO (40 min)	J CONDITION LARRY / WELLNESS STUDIO (45 min)		
		J CONDITION LARRY / OUTDOOR GYM (45 min)					
08:30	BURN RANIA / HIGH IMPACT STUDIO (120 min)	RPM RANIA / SPIN STUDIO (55 min)	YOGA SONALI / VINI WELLNESS STUDIO (60 min)	BODYPUMP ALICE / HIGH IMPACT STUDIO (60 min)	CORE & MOBILITY VINI / HIGH IMPACT STUDIO (45 min)		J INTERVAL VINI / WELLNESS STUDIO (60 min)
	RPM ALICE / SPIN STUDIO (50 min)	BODYPUMP GABRIELLA / HIGH IMPACT STUDIO (60 min)	RPM MARATHON ALICE / SPIN STUDIO (60 min)	RPM RANIA / SPIN STUDIO (50 min)			
09:00	J INTERVAL VINI / WELLNESS STUDIO (45 min)					BOOTCAMP LARRY / WELLNESS STUDIO (60 min)	RPM RANIA / SPIN STUDIO (50 min)
09:10				ZUMBA ERICK / WELLNESS STUDIO (50 min)			
09:15			TRX LARRY / GYM FLOOR (45 min)				
09:30			J STRENGTH VINI / HIGH IMPACT STUDIO (60 min)		J STRENGTH VINI / WELLNESS STUDIO (60 min)		
09:45		BODYPUMP RANIA / HIGH IMPACT STUDIO (60 min)		BOXFIT RANIA / HIGH IMPACT STUDIO (60 min)			
10:00	J FLOW VINI / WELLNESS STUDIO (45 min)	POWER PILATES ALICE / WELLNESS STUDIO (60 min)	BODYCOMBAT OLGA / WELLNESS STUDIO (60 min)				BODYPUMP RANIA / HIGH IMPACT STUDIO (60 min)
10:10				PILATES ALICE / WELLNESS STUDIO (60 min)		ZUMBA ERICK / WELLNESS STUDIO (50 min)	
10:40					ZUMBA ERICK / WELLNESS STUDIO (50 min)		
17:00	ZUMBA ERICK / WELLNESS STUDIO (50 min)						
18:30			PILATES KELLY / WELLNESS STUDIO (60 min)				
19:30	YOGA RAHUL / WELLNESS STUDIO (60 min)						YOGA RAHUL / WELLNESS STUDIO (60 min)

TO PRE-BOOK CLASSES: CALL 04 406 8872 OR EMAIL [INFO@THEJCLUB.COM](mailto:INFO@THEJCLUB.COM)