

OCTOBER



GROUP EXERCISE TIMETABLE AT JUMEIRAH EMIRATES TOWERS

TIME	SUN	MON	TUE	WED	THU	FRI	SAT
12:00	BODYPUMP KATERYNA (60 min)	LEGS, BUMS & TUMS CATE (55 min)	TABATA KATERYNA (50 min)	BODYPUMP CATE (60 min)	LEGS, BUMS & TUMS CATE (55 min)		BODYPUMP NIKOLA (60 min)
13:15	FITNESS PILATES NIKOLA (60 min)	BODYBALANCE NIKOLA (60 min)	FITNESS PILATES NIKOLA (60 min)		BODYPUMP KATERYNA (50 min)		BODYBALANCE NIKOLA (60 min)
16:00		LADIES ONLY BODYPUMP KATERYNA (50 min)		LADIES ONLY YOGA KATERYNA (60 min)			
18:00	SPRINT & CORE MOHANNAD (50 min)	ZUMBA ERIC (50 min)	BODYPUMP NIKOLA (50 min)	SPRINT & CORE MOHANNAD (50 min)	ZUMBA ERIC (50 min)		
19:00	YOGA KATERYNA (60 min)	FLEX & MOBILITY KATERYNA (55 min)	BODYBALANCE NIKOLA (60 min)	FLEX & MOBILITY KATERYNA (55 min)			

CARDIO. IMPROVE YOUR CARDIOVASCULAR SYSTEM AND BURN CALORIES	DURATION
Zumba is a class inspired by Latin music and choreography created from a variety of dance styles including cumbia, merengue, salsa, reggaeton, mambo, rumba, flamenco, and hip hop - helping you burn calories in a super fun way!	50-Min
Sprint™ the ultimate HIIT experience on a bike. All it takes is 30 invigorating minutes to reap incredible results.	30-Min
Tabata a type of HIIT workout that aims to yield the most benefits in a short amount of time. For each exercise, you do eight rounds of 20 seconds of strenuous exercise followed by 10 seconds of rest.	50-Min
SHAPE/CONDITIONING. SCULPT AND STRENGTHEN YOUR MUSCLES AND CHANGE THE SHAPE OF YOUR BODY	DURATION
BodyPump™ challenging major muscle groups while you squat, press, lift and curl with barbells. This class will sculpt, tone, and strengthen your entire body.	50-60Min
Legs, Bums & Tums is a fun workout designed to tackle those problem areas whilst increasing your fitness levels.	55-Min
Core is a workout that targets the mid-section of your body and gets you results where it counts the most.	20-30-Min
Fitness Pilates blending elements of traditional Pilates and fitness principles to create a workout that focuses on postural alignment to help improve core strength.	60-Min
BODY & MIND. RELEASE STRESS, IMPROVE FLEXIBILITY AND STRENGTHEN YOUR CORE	DURATION
BodyBalance™ the Yoga and Pilate's workout that builds flexibility. Controlled breathing, and a carefully structured series of stretches bring the body into a state of harmony and balance.	60-Min
Yoga is a slow-paced class in which asanas (postures) are held for longer periods of time to really allow the body and mind to fully release and rejuvenate.	60-Min
Flex & Mobility is designed to compensate for the load and stress the body suffers from sedentary desk jobs by activating the correct muscles to improve posture and prevent injuries.	60-Min