

# JANUARY 2022



## GROUP EXERCISE TIMETABLE AT JUMEIRAH BEACH HOTEL

To pre-book classes, call 04 406 8872 or email [info@thejclub.com](mailto:info@thejclub.com)  
Please remember to bring a towel and a mat (if required) and arrive at least 5-min before class starts.

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

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## CLASS DESCRIPTIONS

CARDIO. IMPROVE YOUR CARDIOVASCULAR SYSTEM AND BURN CALORIES	DURATION
<b>Zumba</b> 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
<b>RPM™</b> 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
<b>BODYCOMBAT™</b> 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
SHAPE/CONDITIONING. SCULPT AND STRENGTHEN YOUR MUSCLES AND CHANGE THE SHAPE OF YOUR BODY	DURATION
<b>J Condition</b> is the j club 's first signature workout! Shape, tone and condition your body successfully with this unique circuit style training.	60-Min
<b>BODYPUMP™</b> is one of the world's fastest ways to get in shape as i t challenges al l of your major muscle groups while you squat , press, lift and curl . Using barbel ls, this class will sculpt , tone and strengthen your entire body.	30-Min
<b>Bootcamp</b> is a fusion of intense short cardio vascular and functional training exercises. Using the most innovative tools TRX, VI PR, kettle-bell '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 of ten gets neglected. In this class we shape and tone our midsection by strengthening the core, improve posture and prevent injuries.	45-Min
<b>J interval</b> develop all physical capacities; mobility, strength and endurance in this integrated format . Execute movements with accuracy and awareness through breath and visualization. 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	60-Min
<b>J strength</b> an all encompassing workout combining high intensity interval training and functional movement using a variety of weight training equipment	45-Min
<b>TRX</b> 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.	45-Min
<b>Power Pilates</b> shape, tone and shape 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 .	45-Min
BODY & MIND. RELEASE STRESS, IMPROVE FLEXIBILITY AND STRENGTHEN YOUR CORE	DURATION
<b>Core and Mobility</b> 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
<b>J Flow</b> 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 incorporating intuitive awareness and synchronized breathing.	45-Min
<b>Pilates</b> 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, mobilize your joints and improve postural alignment.	60-Min
<b>Yoga</b> 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
<b>Ashtanga Yoga</b> an energetic style of yoga in which individual postures (asanas) are linked by flowing movements (vinyasas).	60-Min
<b>Power Yoga</b> 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