

JUNE 2022

GROUP EXERCISE TIMETABLE AT JUMEIRAH EMIRATES TOWERS



TIME	MON	TUE	WED	THU	FRI	SAT	SUN
07:30			CORE DUSAN (45 MIN)		CORE DUSAN (45 MIN)		
12:00	J STRENGTH EBRA (60 MIN)	LEGS, BUMS & TUMS CATE (50 MIN)	J STRENGTH EBRA (60 MIN)	BODYPUMP CATE (60 MIN)	LEGS, BUMS & TUMS CATE (50 MIN)	BODYPUMP GEORGIE (60 MIN)	TRX EBRA (50 MIN)
13:00		BODYBALANCE YOGA CATE (60 MIN)		BODYBALANCE YOGA CATE (60 MIN)			
16:00			LADIES ONLY J STRENGTH CATE (45 MIN)				
18:00		TRX EBRA (60 MIN)		ZUMBA ERICK (50 MIN)			
18:30	BODYPUMP GEORGIE (60 MIN)		BODYPUMP GEORGIE (60 MIN)		GRIT GEORGIE (30 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
Spinning 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.	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.	60-Min
Legs, Bums & Tums is a fun workout designed to tackle those problem areas whilst increasing your fitness levels.	50-Min
J STRENGTH an all encompassing workout combining high intensity interval training and functional movement using a variety of weight training equipment	60-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
TRX 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.	50 or 60-Min
BODY & MIND. RELEASE STRESS, IMPROVE FLEXIBILITY AND STRENGTHEN YOUR CORE	DURATION
BodyBalance™ is Yoga 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
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