

JUNE 2022

GROUP EXERCISE TIMETABLE AT JUMEIRAH MINA A'SALAM



TIME	MON	TUE	WED	THU	FRI	SAT	SUN
07:00			J CONDITION ANTHONY (45 MIN)	YOGA RAHUL (60 MIN)			
08:00	YOGA RAHUL (60 MIN)		YOGA ISHA (55 MIN)				
08:15	GYM FLOOR GFW ALISHER (45 MIN)	BODYPUMP ALICE (60 MIN)	GYM FLOOR GFW ALISHER (45 MIN)	RPM GREG (50 MIN)	RPM GREG (50 MIN)	GYM FLOOR GFW ALISHER (45 MIN)	GYM FLOOR GFW ALISHER (45 MIN)
09:00		AQUA AEROBICS ERICK (60 MIN)	ZUMBA ERICK (50 MIN)		AQUA AEROBICS ERICK (60 MIN)	CORE VASILI (45 MIN)	ZUMBA ERICK (50 MIN)
09:15	ZUMBA ERICK (50 MIN)	BOXING BURHON (60 MIN)		PILATES MONIQUE (60 MIN)	BODYPUMP RANIA (60 MIN)		
		GYM FLOOR TRX TWAHIR (45 MIN)		GYM FLOOR TRX TWAHIR (45 MIN)			
10:00		GYM FLOOR FOAM ROLLING TWAHIR (45 MIN)	ASHTANGA YOGA SONALI (60 MIN)	GYM FLOOR FOAM ROLLING TWAHIR (45 MIN)		BOOTCAMP VASILI (45 MIN)	AQUA AEROBICS ERICK (60 MIN)
10:15	POWER PILATES ALICE (60 MIN)						
10:30					ZUMBA ERICK (50 MIN)		POWER PILATES ALICE (60 MIN)
11:00			SWIMMING URBAN SWIM ACADEMY (45 MIN)				
15:30		KIDS BOXING 5-11Y BURHON (60 MIN)					
16:00							ZUMBA ERICK (50 MIN)
17:00	BOOTCAMP VASILI (45 MIN)	HIIT ANTHONY (45MIN)	GLUTE LAB VASILI (45 MIN)	LES MILLS CORE CATE (45 MIN)	HIIT ANTHONY (45MIN)	GLUTES & ABS ANTHONY (45 MIN)	BODYPUMP GABRIELLA (60 MIN)
18:00	BODY COMBAT RICHARD (60MIN)	BODYPUMP RICHARD (60 MIN)	BODYBALANCE CATE (50 MIN)	BOOTCAMP VASILI (45 MIN)	GLUTE LAB VASILI (45 MIN)		
19:00		RPM AHMED (50 MIN)	ZUMBA ERICK (50 MIN)	YOGA ISHA (60 MIN)			