



JUMEIRAH MINA A' SALAM GROUP EXERCISE TIMETABLE - FEBRUARY '21

SUN	MON	TUE	WED	THU	FRI	SAT
YOGA VIJAY 8:00 - 9:00 MAIN STUDIO	BODYPUMP ALICE 8:00 - 9:00 MAIN STUDIO	J CONDITION ROMA 7:00 - 7:45 OUTDOOR GYM	YOGA VIJAY 7:00 - 8:00 MAIN STUDIO	RPM GREG 8:00 - 8:50 MAIN STUDIO	CORE ROMA 9:00 - 9:30 MAIN STUDIO	POWER PILATES ALICE 10:30 - 11:30 MAIN STUDIO
TRX ALISHER 8:15 - 9:00 OUTDOOR GYM	AQUA AREOBICS ERICK 9:00 - 10:00 POOL	TRX ALISHER 8:15 - 9:00 OUTDOOR GYM	RPM GREG 8:15 - 9:05 MAIN STUDIO	TRX ALISHER 8:15 - 9:00 OUTDOOR GYM	BOOTCAMP ROMA 9:45 - 10:30 MAIN STUDIO	ZUMBA ERICK 16:00 - 16:50 MAIN STUDIO
ZUMBA ERICK 9:15 - 10:05 MAIN STUDIO	BODY BALANCE ANNA 9:15 - 10:10 MAIN STUDIO	ZUMBA ERICK 9:00 - 9:50 MAIN STUDIO	PILATES KELLY 9:15 - 10:15 MAIN STUDIO	AQUA AREOBICS ERICK 9:00 - 10:00 POOL	ZUMBA ERICK 16:00 - 16:50 MAIN STUDIO	TRX ALISHER 17:00 - 17:45 OUTDOOR GYM
POWER PILATES ALICE 10:15 - 11:15 MAIN STUDIO	BODYPUMP NIKOLA 18:00 - 19:00 MAIN STUDIO	ASHTANGA YOGA SONALI 10:00 - 11:00 MAIN STUDIO	LES MILLS CORE NIKOLA 17:15 - 18:00 MAIN STUDIO	BODYPUMP RANIA 9:15 - 10:15 MAIN STUDIO	GLUTE LAB WEIGHTS ROMA 17:00 - 17:45 MAIN STUDIO	
LES MILLS CORE NIKOLA 18:00 - 18:45 MAIN STUDIO	GLUTE LAB ACTIVATE ROMA 19:15 - 20:00 MAIN STUDIO	BODYPUMP ALICE 17:00 - 18:00 MAIN STUDIO	GLUTE LAB BANDS + WEIGHTS ROMA 18:15 - 19:00 MAIN STUDIO	BODY BALANCE NIKOLA 10:30 - 11:30 MAIN STUDIO		
BOOTCAMP ROMA 19:15 - 20:00 OUTDOOR GYM		BODY BALANCE NIKOLA 18:15 - 19:00 MAIN STUDIO	YOGA VIJAY 19:15 - 20:15 MAIN STUDIO	BODYPUMP NIKOLA 18:00 - 19:00 MAIN STUDIO		
		ZUMBA ERICK 19:15 - 20:05 MAIN STUDIO		BOOTCAMP ROMA 19:15 - 20:00 OUTDOOR GYM		
		BOX FIT MAX 19:15 - 20:00 OUTDOOR GYM				

PLEASE REMEMBER TO BRING A TOWEL/MAT FOR YOUR CLASS. ALL CLASSES MUST BE PRE-BOOKED BY CALLING 04 366 6821 OR EMAILING MJTALISEFITNESSRECEPTION@TALISEFITNESS.COM PLEASE ARRIVE AT LEAST 5 MINUTES EARLY TO GUARANTEE YOUR SPOT AS STUDIO CAPACITY IS LIMITED TO 12 OCCUPANTS.