

THE AVIATION CLUB GX TIMETABLE 2021

MAIN STUDIO: CLASS CAPACITY - 28 MEMBERS

| TIME | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------|--|--------------------------------------|--|-------------------------------------|---------------------------------------|--|---------------------------------------|
| 10:00 | | | | | | LES MILLS BODYPUMP ALI (45min) | |
| 11:00 | LES MILLS CXWORX BODYBALANCE (30 + 30) UROSH | PILATES KELLY | YOGA KREMENA | Fitness Pilates UROSH | LES MILLS BODYBALANCE UROSH | LES MILLS BODYATTACK UROSH | LES MILLS BODYBALANCE UROSH |
| 12:30 | | | | | | | LES MILLS BODYPUMP AKRAM |
| 13:45 | | | | | | | LES MILLS SH'BAM ALI |
| 16:00 | LES MILLS BODYPUMP ALI | LES MILLS BODYATTACK UROSH | LES MILLS BODYCOMBAT DENISA | LES MILLS BODYPUMP DENISA | LES MILLS BODYPUMP ALI | | YOGA KREMENA |
| 17:15 | LES MILLS BODYCOMBAT ALI | LES MILLS BODYPUMP FIONA | LES MILLS BODYBALANCE DENISA | LES MILLS SH'BAM ALI | | | |
| 18:15 | | | LES MILLS BODYPUMP FIONA (45min) | | LES MILLS CXWORX UROSH | | |
| 18:45 | BOXFIT NASHA | BOOT CAMP NASHA | | BOOT CAMP NASHA | | | |

CYCLING STUDIO: CLASS CAPACITY - 9 MEMBERS

| TIME | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------|----------------------------------|--------------------------------|----------------------------------|------------------------------------|-------------------------------|-----------------------------|--------------------------------|
| 10:00 | LES MILLS RPM | LES MILLS THE TRIP | LES MILLS RPM | LES MILLS THE TRIP | LES MILLS sprint | LES MILLS THE TRIP | LES MILLS RPM |
| 11:00 | | | | | | LES MILLS RPM TIM | |
| 11:30 | | | | | | | LES MILLS sprint TIM |
| 16:00 | | | | | | | |
| 17:00 | LES MILLS sprint UROSH | | LES MILLS sprint FIONA | LES MILLS THE TRIP FIONA | LES MILLS RPM UROSH | LES MILLS THE TRIP | LES MILLS THE TRIP |
| 19:00 | LES MILLS THE TRIP | LES MILLS RPM SHERRY | LES MILLS THE TRIP | LES MILLS RPM | LES MILLS THE TRIP | | |

OUTDOOR AREA: CLASS CAPACITY - 20 MEMBERS

| TIME | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------|----------------------------|--------|----------------------------|-----------|----------------------------|--------|----------|
| 18:00 | | | | | TRX STRONG DANNY | | |
| 18:45 | TRX STRONG DANNY | | TRX STRONG DANNY | | | | |

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|---|---------------------------|
|  | BODY PUMP |
| <p>BODYPUMP™ is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for - and fast!</p> | |
|  | BODY BALANCE |
| <p>BODYBALANCE™ is the Yoga Tai Chi Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing concentration and a carefully structured series of stretches, moves and poses set to music create a holistic workout that brings the body into a state of harmony and balance.</p> | |
|  | CX WORX |
| <p>CXWORX™ is a 30-minute workout that hones in on the torso and sling muscles which connect your upper body to your lower body. It is ideal for tightening your tummy and butt while also improving functional strength and assisting in injury prevention.</p> | |
|  | BODY COMBAT |
| <p>BODYCOMBAT™ is the empowering cardio workout where you are totally unleashed. This fiercely energetic programme is inspired by martial arts and draws from a wide array of disciplines such as Karate, Boxing, Taekwondo, Tai Chi and Muay Thai. Supported by driving music and powerful role model instructors, strike, punch kick and kata your way through calories to superior cardio fitness.</p> | |
|  | SH'BAM |
| <p>A fun-loving, insanely addictive dance workout. SH'BAM™ is an ego free zone-no dance experience required. All you need is a playful attitude and a cheeky smile so forget being a wallflower-even if you walk in thinking you can, you'll walk out knowing you can. SH'BAM™ is available as either a 45 or 60-minute workout.</p> | |
|  | BODY ATTACK |
| <p>BODYATTACK™ is the sports inspired cardio workout for building strength and stamina. This high energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals from the weekend athlete to the hardcore competitor.</p> | |
|  | SPRINT |
| <p>LES MILLS SPRINT™ is a 30-minute High Intensity Interval Training (HITT) workout using an indoor bike to achieve fast results. It's a short intense style of training where the thrill and motivation comes from pushing your physical and mental limits. A high intensity, low impact workout, it's scientifically proven to return rapid results.</p> | |
|  | RPM |
| <p>RPM™ 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 the athlete within as you sweat and burn to reach your endorphin high.</p> | |
|  | TRX STRONG |
| <p>Using the TRX Suspension Trainer and your own body weight this class will push you to new levels of strength. 'Feel the burn' as you work through multiple sets of high tension loads in this time-based workout that features intermediate to advanced strength exercises. Cardio comes in the form of two unique blocks of strength exercises that deliver a high intensity workout.</p> | |
|  | YOGA |
| <p>The Sivananda school is a time tested hatha flow that combines pranayama (breathing) and 14 postures with variation. This style works effectively on the physical mental and psychic bodies. This style allows students to come in and allow themselves to be able to follow the class and sequence at any given time.</p> | |
|  | FITNESS PILATES |
| <p>Fitness Pilates is a modern adaptation of Pilates designed by Nikola Vojinovic that takes elements of traditional Pilates and Fitness principals to create a workout that focuses on the postural alignment and improving overall core strength in different phases while maintaining a up tempo atmosphere to your favorite music.</p> | |
|  | PILATES |
| <p>Pilates aims at obtaining and maintaining the uniform development of the body, mental health and being able to perform with ease, naturalness and spontaneity our various daily tasks. This, nowadays, sounds just as it did when it was written in 1945.</p> | |
|  | BOOT CAMP |
| <p>Bootcamp is our first gym floor based class. A high intensity workout, it is aimed to keep you moving and maximize calorie burn, tones muscle, maximizes fat loss, and increase metabolism. Every workout is different and every person is given progression and regressions options so its perfect for beginners and advanced.</p> | |
|  | THE TRIP® |
| <p>THE TRIP® is a fully immersive workout experience that combines a 40-minute multi-peak cycling workout with a journey through digitally-created worlds. With its cinema-scale screen and sound system, THE TRIP® takes motivation and energy output to the next level, burning serious calories.</p> | |
|  | LES MILLS™ VIRTUAL |
| <p>Workout anytime with your favourite instructor. LES MILLS™ Virtual workouts combine our world-leading fitness programs with pumping sound and motivation from some of the hottest instructors on the planet. It's a truly inspiring experience that will drive amazing results delivered in the 21st century style.</p> | |
|  | BOXFIT |
| <p>BoxFit offers a boxing inspired fitness program that incorporates a functional, interval, cardiovascular, and circuit training regimens. The programs consist of circuits of boxing movements that will help burn those calories and teach the fundamentals of boxing and boxing associated skills.</p> | |