



JANUARY 2021

MINA A' SALAM GROUP EXERCISE TIMETABLE

| SUN | MON | TUE | WED | THU | FRI | SAT |
|--|---|---|--|--|---|--|
| MAIN STUDIO | | | | | | |
| YOGA VIJAY 8:00 - 9:00 | BODYPUMP ALICE 8:00 - 9:00 | | YOGA VIJAY 7:00 - 8:00 | RPM GREG 8:00 - 8:50 | CORE ROMA 9:00 - 9:30 | |
| ZUMBA ERICK 9:15 - 10:05 | BODY BALANCE ANNA 9:15 - 10:10 | ZUMBA ERICK 9:00 - 9:50 | RPM GREG 8:15 - 9:05 | BODYPUMP RANIA 9:15 - 10:15 | BOOTCAMP ROMA 9:45 - 10:30 | |
| POWER PILATES ALICE 10:15 - 11:15 | | ASHTANGA YOGA SONALI 10:00 - 11:00 | PILATES KELLY 09:30 - 10:30 | BODY BALANCE NIKOLA 10:30 - 11:30 | | POWER PILATES ALICE 10:30 - 11:30 |
| | | | | | ZUMBA ERICK 16:00 - 16:50 | ZUMBA ERICK 16:00 - 16:50 |
| BODYCOMBAT NIKOLA 17:00 - 18:00 | | BODYPUMP ALICE 17:00 - 18:00 | LES MILLS CORE NIKOLA 17:00 - 17:45 | | GLUTE LAB WEIGHTS ROMA 17:00 - 17:45 | |
| LES MILLS CORE NIKOLA 18:15 - 19:00 | BODYPUMP NIKOLA 18:00 - 19:00 | BODY BALANCE NIKOLA 18:15 - 19:15 | BODYCOMBAT NIKOLA 18:00 - 19:00 | BODYPUMP NIKOLA 18:00 - 19:00 | | |
| | GLUTE LAB BANDS + WEIGHTS ROMA 19:15 - 20:00 | | YOGA VIJAY 19:15 - 20:15 | | | |
| OUTDOOR GYM | | | | | | |
| | | J CONDITION ROMA 7:00 - 7:45 | | | | |
| TRX ALISHER 8:15 - 9:00 | | TRX ALISHER 8:15 - 9:00 | | TRX ALISHER 8:15 - 9:00 | | |
| BOOTCAMP ROMA 19:15 - 20:00 | | BOX FIT MAX 19:15 - 20:00 | GLUTE LAB ACTIVATE ROMA 18:30 - 19:15 | BOOTCAMP ROMA 19:15 - 20:00 | | TRX ALISHER 17:00 - 17:45 |
| POOL | | | | | | |
| | AQUA AREOBICS ERICK 9:00 - 10:00 | | | AQUA AREOBICS ERICK 9:00 - 10:00 | | |
| All classes must be pre booked 04 366 6821 or Mjtalisefitnessreception@talisefitness.com | | | | | | |
| Please Note the revised studio capacity is 18 to uphold social distancing protocols Please remember to bring a towel and mat | | | | | | |