






OCTOBER

MAIN STUDIO - Class capacity: 11 members

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00							
10:00							
12:30	LES MILLS BODY PUMP	LES MILLS BODY PUMP	LES MILLS BODY PUMP	LES MILLS BODY PUMP	LES MILLS BODY PUMP		
14:30	 ABS 45 MINS	HIIT.	 ABS 45 MINS	 Stretching 45 MINS	 ABS 45 MINS		
16:30	 Stretching 45 MINS		YOGA HATHA		YOGA HATHA		
18:30	HIIT.	TABATA 45 MINS	HIIT.	TABATA 45 MINS	HIIT.		

TEL: +971-4-3198660

Email: Jettalifitness@jumeirah.com