



JUMEIRAH EMIRATES TOWERS GROUP EXERCISE TIMETABLE - FEBRUARY '21

SUN	MON	TUE	WED	THU
YOGA 12:00 (60-min)	FLEXIBILITY & MOBILITY 12:00 (60-min)	YOGA 12:00 (60-min)	FLEXIBILITY & MOBILITY 12:00 (60-min)	YOGA 12:00 (60-min)
LES MILLS BODYPUMP 15:00 (60-min)	TRX 13:00 (60-min)	LES MILLS BODYPUMP 15:00 (60-min)	POWER FIT 13:00 (60-min)	CORE ACTIVATION 15:00 (60-min)
CORE ACTIVATION 19:00 (60-min)	TABATA 14:00 (45-min)	TABATA 19:00 (45-min)	SUPER STRENGTH & CONDITIONING 14:00 (60-min)	HIIT 19:00 (60-min)
	YOGA 17:00 (60-min)		YOGA 17:00 (60-min)	
	HIIT 19:00 (60-min)		CORE ACTIVATION 19:00 (60-min)	

PLEASE REMEMBER TO BRING A TOWEL/MAT FOR YOUR CLASS.

ALL CLASSES MUST BE PRE-BOOKED BY CALLING 04 319 8860 OR EMAILING JETTALISEFITNESS@JUMEIRAH.COM

PLEASE ARRIVE AT LEAST 5 MINUTES EARLY TO GUARANTEE YOUR SPOT AS STUDIO CAPACITY IS LIMITED TO 7 OCCUPANTS.