

12-APR - 12-MAY
GROUP EXERCISE TIMETABLE AT JUMEIRAH BEACH HOTEL

TIME	SUN	MON	TUE	WED	THU	FRI	SAT
MORNING CLASSES							
07:00					POWER YOGA RAHUL / WELLNESS STUDIO 07:00 (60 min)		
07:45	J CONDITION LARRY / OUTDOOR GYM 07:45 (45 min)						
08:00		RPM RANIA / SPIN STUDIO 08:00 (50 min)		RPM RANIA / SPIN STUDIO 08:00 (50 min)			
08:15		POWER YOGA RAHUL / WELLNESS STUDIO 08:15 (60 min)	J CONDITION LARRY / OUTDOOR GYM 08:15 (45 min)	J CONDITION ERIC / OUTDOOR GYM 08:15 (45 min)	J CONDITION LARRY / OUTDOOR GYM 08:15 (45 min)		
		J CONDITION LARRY / OUTDOOR GYM 08:15 (45 min)					
08:30	BURN RANIA / HIGH IMPACT STUDIO 08:30 (90 min)		ASHTANGA YOGA SONALI / WELLNESS STUDIO 08:30 (60 min)	BODYPUMP ALICE / HIGH IMPACT STUDIO 08:30 (60 min)	CORE & MOBILITY VINI / WELLNESS STUDIO 08:30 (45 min)		J INTERVAL VINI / WELLNESS STUDIO 08:30 (60 min)
08:45		BODYPUMP GABRIELLA / HIGH IMPACT STUDIO 08:45 (60 min)					
08:55		RPM RANIA / SPIN STUDIO 08:55 (50 min)		RPM RANIA / SPIN STUDIO 08:55 (50 min)			
09:00	J INTERVAL VINI / WELLNESS STUDIO 9:00 (60 min)			ZUMBA ERICK / WELLNESS STUDIO 9:00 (50 min)		BOOTCAMP LARRY / OUTDOOR GYM 09:00 (60 min)	RPM RANIA / SPIN STUDIO 09:00 (50 min)
09:10	RPM ALICE / SPIN STUDIO 09:10 (50 min)		RPM MARATHON ALICE / SPIN STUDIO 09:10 (60 min)				
09:15			TRX LARRY / GYM FLOOR 09:15 (45 min)				
09:30			J STRENGTH VINI / HIGH IMPACT STUDIO 09:30 (60 min)		J STRENGTH VINI / WELLNESS STUDIO 09:30 (60 min)		
09:55		BODYPUMP RANIA / HIGH IMPACT STUDIO 09:55 (55 min)		BOXFIT RANIA / HIGH IMPACT STUDIO 09:55 (60 min)			
10:00			BODYCOMBAT KHAI / WELLNESS STUDIO 10:00 (60 min)	POWER PILATES ALICE / WELLNESS STUDIO 10:00 (60 min)		ZUMBA ERICK / WELLNESS STUDIO 10:00 (50 min)	BODYPUMP RANIA / HIGH IMPACT STUDIO 10:00 (60 min)
10:15	J FLOW VINI / WELLNESS STUDIO 10:15 (45 min)						
10:30							
10:40					ZUMBA ERICK / WELLNESS STUDIO 10:40 (50 min)		
10:45		POWER PILATES ALICE / WELLNESS STUDIO 10:45 (60 min)					
AFTERNOON / EVENING CLASSES							
17:00	ZUMBA ERICK / WELLNESS STUDIO 17:00 (50 min)						
18:30			PILATES KELLY / WELLNESS STUDIO 18:30 (60 min)				
19:30	YOGA RAHUL / WELLNESS STUDIO 19:30 (60 min)						YOGA RAHUL / WELLNESS STUDIO 19:30 (60 min)

To pre-book classes, call 04 406 8872 or email info@thejclub.com
Please remember to bring a towel and a mat (if required) and arrive at least 5-min before class starts.