



JUMEIRAH BEACH HOTEL - JUNE 2021

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

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