

# SEPTEMBER 2023

## GROUP EXERCISE TIMETABLE AT JUMEIRAH EMIRATES TOWERS



TIME	MON	TUE	WED	THU	FRI	SAT	SUN
07:00		<b>CYCLING</b> AHMED ( 60 MIN )		<b>CYCLING</b> AHMED ( 60 MIN )	<b>HIIT</b> ANDREI (60 MIN)		
12:00		<b>LEGS, BUMS &amp; TUMS</b> CATE(60 MIN)		<b>J PUMP</b> CATE (60 MIN)	<b>SWING YOGA</b> Ladies only TEREZA (60 MIN)	<b>J PUMP</b> GEORGIE (60 MIN)	<b>J STRENGTH</b> EBRA (60 MIN)
13:00							<b>GYM FLOOR TRX</b> EBRA ( 15 MIN )
16:00			<b>SWING YOGA</b> Ladies only TEREZA (60 MIN)				
16:15	<b>GYM FLOOR CARDIO</b> EBRA ( 15 MIN )				<b>GYM FLOOR CORE</b> ANDREI ( 15 MIN )		
16:30	<b>BOOTCAMP</b> EBRA (60 MIN)			<b>J PUMP</b> TEREZA (60 MIN)			
17:00		<b>J STRENGTH</b> ANDREI (60 MIN)					
18:00	<b>CYCLING</b> AHMED ( 60 MIN )		<b>CYCLING</b> AHMED ( 60 MIN )	<b>J STRENGTH</b> TEREZA (60 MIN)			
18:30		<b>J PUMP</b> GEORGIE (60 MIN)					

CARDIO. IMPROVE YOUR CARDIOVASCULAR SYSTEM AND BURN CALORIES	DURATION
<b>RPM</b> is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within - sweat and burn to reach your endorphin high.	60 min
<b>GRIT</b> is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength, cardiovascular fitness and build lean muscle. This workout uses barbell, weight plate and bodyweight exercises to blast all major muscle groups.	45 min
<b>CIRCUIT TRAINING</b> consists of a consecutive series of timed exercises performed one after the other with varying amounts of rest between each exercise.	60 min
SHAPE/CONDITIONING. SCULPT AND STRENGTHEN YOUR MUSCLES AND CHANGE THE SHAPE OF YOUR BODY	DURATION
<b>BODYPUMP™</b> challenging major muscle groups while you squat, press, lift and curl with barbells. This class will sculpt, tone, and strengthen your entire body.	60 min
<b>LEGS, BUMS &amp; TUMS</b> is a fun workout designed to tackle those problem areas whilst increasing your fitness levels.	60 min
<b>J STRENGTH</b> an all encompassing workout combining high intensity interval training and functional movement using a variety of weight training equipment	60 min
BODY & MIND. RELEASE STRESS, IMPROVE FLEXIBILITY AND STRENGTHEN YOUR CORE	DURATION
<b>BODYBALANCE™</b> is Yoga workout that builds flexibility. Controlled breathing, and a carefully structured series of stretches bring the body into a state of harmony and balance.	60 min
<b>PILATES</b> this class focuses on the fundamentals of movement from which we build a strong body. a fantastic rehabilitative class beneficial to all levels of fitness. develop core strength, mobilize your joints and improve postural alignment.	60 min
<b>SWING YOGA</b> or a hammock is designed to perform a modern form of yoga, which is a combination of traditional yoga poses mixed with aerial acrobatics. All the poses are done with the help of the swing. Some may face mobility limitations or difficulties with flexibility on a yoga mat.	60 min

To pre-book classes, call 04 319 8660 or email [jet\\_reception@thejclub.com](mailto:jet_reception@thejclub.com)  
Please remember to bring a towel and a mat (if required) and arrive at least 5-min before class starts.