



## APRIL 2021 - GROUP FITNESS TIMETABLE – JUMEIRAH EMIRATES TOWERS

| TIME  | SUN                                 | MON                               | TUE                                 | WED                            | THU                       |
|-------|-------------------------------------|-----------------------------------|-------------------------------------|--------------------------------|---------------------------|
| 12.00 | <b>CORE</b><br>ACTIVATION           | FLEXIBILITY<br>AND<br>MOBILITY    | <b>YOGA</b>                         | FLEXIBILITY<br>AND<br>MOBILITY | <b>CORE</b><br>ACTIVATION |
| 13.00 |                                     | <b>TRX</b><br>Suspension Training |                                     | <b>POWERFIT</b>                |                           |
| 14.00 |                                     |                                   |                                     |                                |                           |
| 15.00 | <b>LES MILLS</b><br><b>BODYPUMP</b> |                                   | <b>LES MILLS</b><br><b>BODYPUMP</b> |                                | <b>HIIT.</b>              |
| 17.30 |                                     | <b>YOGA</b>                       |                                     | <b>TABATA</b>                  |                           |
| 19:00 | <b>YOGA</b>                         |                                   | <b>CORE</b><br>ACTIVATION           |                                | <b>YOGA</b>               |

TO PRE-BOOK CLASSES, CALL 04 319 8660 OR EMAIL [JETTALISEFITNESS@JUMEIRAH.COM](mailto:JETTALISEFITNESS@JUMEIRAH.COM)

PLEASE BRING A TOWEL AND MAT FOR YOUR CLASS.