

GROUP FITNESS TIMETABLE - JULY 2021 -

TIME	SUN	MON	TUE	WED	THU	FRI	SAT
6:45		CIRCUIT MOHANNAD (45 MIN)		SPRINT & STRETCH MOHANNAD (45 MIN)			
10:30						SPRINT & CORE MOHANNAD (60 MIN)	
12.00	BODYPUMP KATERYNA (60 MIN)	HIIT KATERYNA (50 MIN)	TABATA KATERYNA (50 MIN)	BODYPUMP CATE (60 MIN)	LEGS BUMS & TUMS CATE (55 MIN)		BODYPUMP NIKOLA (60 MIN)
13.15	FITNESS PILATES NIKOLA (60 MIN)	BODY BALANCE NIKOLA (60 MIN)	FITNESS PILATES NIKOLA (60 MIN)	YOGA VIJAY (60 MIN)	FLEX & MOBILITY KATERYNA (60 MIN)		BODY BALANCE NIKOLA (60 MIN)
17.45	SPRINT & CORE MOHANNAD (60 MIN)	ZUMBA ERICK (50 MIN)	BODYPUMP NIKOLA (60 MIN)	FLEX & MOBILITY MOHANNAD (60 MIN)	BODYPUMP KATERYNA (60 MIN)		
19.00	FLEX & MOBILITY KATERYNA (60 MIN)		BODY BALANCE NIKOLA (60 MIN)	HIIT KATERYNA (50 MIN)	YOGA KATERYNA (60 MIN)		

TO PRE-BOOK CLASSES:

CALL 04 319 8660 OR EMAIL JET_RECEPTION@THEJCLUB.COM

PLEASE BRING A TOWEL AND/OR MAT FOR YOUR CLASS.

Class Descriptions



July Timetable

