

12-APR - 12-MAY
GROUP EXERCISE TIMETABLE AT JUMEIRAH MINA A' SALAM

TIME	SUN	MON	TUE	WED	THU	FRI	SAT
07.00			J CONDITION ROMA 07:00 (45 min)	YOGA VIJAY 07:00 (60 min)	J CONDITION MAX 07:00 (45 min)		
08.00	YOGA VIJAY 08:00 (60 min)	BODYBALANCE ANNA 08:00 (60 min)			RPM GREG 08:00 (50 min)		
08.15	TRX ALISHER 08:15 (45 min)		TRX ALISHER 08:15 (45 min)	RPM GREG 08:15 (50 min) TRX TWAHIR 08:15 (45 min)	TRX ALISHER 08:15 (45 min)		
09.00		AQUA AEROBICS ERICK 09:00 (60 min)	ZUMBA ERICK 09:00 (50 min)	FOAMROLLING TWAHIR 09:00 (45 min)	AQUA AEROBICS ERICK 09:00 (60 min)	CORE ROMA 09:00 (30 min)	
09.15	ZUMBA ERICK 09:15 (50 min)	BODYPUMP ALICE 09:15 (60 min) TRX TWAHIR 09:15 (45 min)		PILATES KELLY 09:15 (60 min)	BODYPUMP RANIA 09:15 (60 min)		ZUMBA ERICK 09:15 (50 min)
09.45						BOOTCAMP ROMA 09:45 (45 min)	
10.00		FOAM ROLLING TWAHIR 10:00 (45 min)	ASHTANGA YOGA SONALI 10:00 (60 min)				
10.30	POWER PILATES ALICE 10:30 (60 min)	SH'BAM GABRIELLA 10:30 (45 min)			BODYBALANCE NIKOLA 10:30 (60 min)		POWER PILATES ALICE 10:30 (60 min)
AFTERNOON / EVENING CLASSES							
16.00							ZUMBA ERICK 16:00 (50 min)
17.00	BODYPUMP GABRIELLA 17:00 (60 min)		BODYPUMP ALICE 17:00 (60 min)			GLUTE LAB WEIGHTS ROMA 17:00 (45 min)	TRX ALISHER 17:00 (45 min)
17.15				LES MILLS CORE NIKOLA 17:15 (45 min)			
18.00		BODYPUMP NIKOLA 18:00 (60 min)			BODYPUMP NIKOLA 18:00 (60 min)		
18.15	LES MILLS CORE NIKOLA 18:15 (45 min)		BODYBALANCE NIKOLA 18:15 (45 min)	GLUTE LAB BANDS + WEIGHTS ROMA 18:15 (45 min)			
19.15	BOOTCAMP MAX 19:15 (45 min)	GLUTE LAB ACTIVATE ROMA 19:15 (45 min)	ZUMBA ERICK 19:15 (50 min) BOXFIT MAX 19:15 (45 min)	YOGA VIJAY 19:15 (60 min)	BOOTCAMP MAX 19:15 (45 min)		
20.30		CORE MAX 20:30 (45 min)		CORE DUNJA 20:30 (45 min)			

To pre-book classes, call 04 366 6821 or email mjtalisefitnessreception@talisefitness.com
Please remember to bring a towel and a mat (if required) and arrive at least 5-min before class starts.