



JUMEIRAH BEACH HOTEL

GROUP EXERCISE TIMETABLE - FEBRUARY '21

SUN	MON	TUE	WED	THU	FRI	SAT
J CONDITION LARRY 7:45 – 8:30 OUTDOOR GYM	RPM RANIA 8:00 – 8:45 SPIN STUDIO	J CONDITION LARRY 8:15 – 9:00 OUTDOOR GYM	RPM RANIA 8:00 – 8:45 SPIN STUDIO	POWER YOGA RAHUL 7:00 – 8:00 WELLNESS STUDIO	BOOTCAMP PETER 9:00 - 10:00 OUTDOOR GYM	J INTERVAL VINI 8:30 – 9:15 OUTDOOR GYM
RPM ALICE 8:30 – 9:20 SPIN STUDIO	POWER YOGA RAHUL 8:15 – 9:15 WELLNESS STUDIO	ASHTANGA YOGA SONALI 8:30 - 09:30 WELLNESS STUDIO	J CONDITION ERIC 8:15 – 9:00 OUTDOOR GYM	J CONDITION LARRY 8:15 – 9:00 OUTDOOR GYM	ZUMBA ERICK 10:10 - 11:00 OUTDOOR GYM	RPM RANIA 9:00 – 9:50 SPIN STUDIO
BURN RANIA 8:35 – 10:30 OUTDOOR GYM	J CONDITION LARRY 8:15 – 9:00 OUTDOOR GYM	RPM ALICE 8:30 – 9:20 SPIN STUDIO	BODYPUMP ALICE 8:30 - 9:30 HIGH IMPACT STUDIO	CORE & MOBILITY VINI 8:30 - 9:15 WELLNESS STUDIO		BODYPUMP RANIA 10:00 - 11:00 HIGH IMPACT STUDIO
J INTERVAL VINI 9:00 – 9:45 WELLNESS STUDIO	RPM RANIA 8:50 – 9:35 SPIN STUDIO	TRX LARRY 9:15 – 10:00 OUTDOOR GYM	RPM RANIA 8:50 – 9:35 SPIN STUDIO	J STRENGTH VINI 9:30 - 10:20 OUTDOOR GYM		YOGA RAHUL 19:30 – 20:30 WELLNESS STUDIO
J FLOW VINI 10:00 – 10:45 WELLNESS STUDIO	BODYPUMP RANIA 9:40 - 10:40 HIGH IMPACT STUDIO	J STRENGTH VINI 9:30 - 10:20 HIGH IMPACT STUDIO	ZUMBA ERICK 9:00 - 9:50 WELLNESS STUDIO	ZUMBA ERICK 10:40 - 11:30 OUTDOOR GYM		
ZUMBA ERICK 17:00 – 17:50 OUTDOOR GYM	POWER PILATES ALICE 9:45 - 10:45 WELLNESS STUDIO	BODYCOMBAT DABOTA 9:45 - 10:45 WELLNESS STUDIO	BOXFIT RANIA 9:45 - 10:45 OUTDOOR GYM			
YOGA RAHUL 19:30 – 20:30 WELLNESS STUDIO	BOOTCAMP PETER 18:00 - 19:00 OUTDOOR GYM	PILATES KELLY 18:30 - 19:30 WELLNESS STUDIO	POWER PILATES ALICE 10:00 - 11:00 WELLNESS STUDIO			

PLEASE REMEMBER TO BRING A TOWEL/MAT FOR YOUR CLASS. ALL CLASSES MUST BE PRE-BOOKED BY CALLING 04 406 8872 OR EMAILING INFO@THEJCLUB.COM PLEASE ARRIVE AT LEAST 5 MINUTES EARLY TO GUARANTEE YOUR SPOT.