

EID 2022

GROUP EXERCISE TIMETABLE AT JUMEIRAH MINA A'SALAM



TIME	MON	TUE	WED	THU	FRI	SAT	SUN
07:00				YOGA RAHUL (60 MIN)			
08:00	YOGA RAHUL (60 MIN)		YOGA ISHA (55 MIN)				
08:15	GYM FLOOR GFW ALISHER (45 MIN)	BODYPUMP ALICE (60 MIN)	GYM FLOOR GFW ALISHER (45 MIN)	RPM GREG (50 MIN)	RPM GREG (50 MIN)	GYM FLOOR GFW ALISHER (45 MIN)	
09:00		AQUA AEROBICS ERICK (60 MIN)	ZUMBA ERICK (50 MIN)		AQUA AEROBICS ERICK (60 MIN)		ZUMBA ERICK (50 MIN)
09:15	ZUMBA ERICK (50 MIN)	GYM FLOOR TRX TWAHIR (45 MIN)		PILATES MONIQUE (60 MIN)	BODYPUMP RANIA (60 MIN)		
10:00						BOOTCAMP VASILI (45 MIN)	AQUA AEROBICS ERICK (60 MIN)
10:15	POWER PILATES ALICE (60 MIN)						
10:30					ZUMBA ERICK (50 MIN)		POWER PILATES ALICE (60 MIN)
11:00			SWIMMING Urban Swim Academy (45 MIN)				
16:00							ZUMBA ERICK (50 MIN)
17:00	BOOTCAMP VASILI (45 MIN)	HIIT ANTHONY (45 MIN)	GLUTE LAB VASILI (45 MIN)	LES MILLS CORE NIKOLA (45MIN)	HIIT ANTHONY (45 MIN)	GLUTES & ABS ANTHONY (45 MIN)	BODYPUMP GABRIELLA (60 MIN)
18:00	LES MILLS CORE NIKOLA (45MIN)	BODYPUMP NIKOLA (60 MIN)		BOOTCAMP VASILI (45 MIN)	GLUTE LAB VASILI (45 MIN)		
19:00			ZUMBA ERICK (50 MIN)	YOGA ISHA (60 MIN)			