


















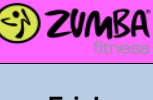












# SEPTEMBER

## MAIN STUDIO CLASSES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Larry 7:30-8:00		 Larry 7:30-8:00		 Rahul 7:00-8:00		
 Rania 8:30-9:20	 Rania 8:30-9:20	 Nikola 8:30-9:30	 Michelle 8:30-9:30	 Michelle 8:30-9:20	 Adam 9:00-10:00	 Greg 9:00-9:50
 Rania 9:30-10:00	 Rania 9.35-10:35	 Nikola 9:40-10:40	 Erick 09:35-10:25	 Nikola 9:30-10:30	 Erick 10:00-10:50	 Rania 10:00-11:00
 Rahul 10:30-11:30	 Rahul 10:45-11:45			 Erick 10:40-11:30	 Michelle 11:00-12:00	
11-17yrs Talise Teen Fit Glenn 16:00-17:00			6-12yrs Kids Bootcamp Glenn 16:00-17:00		 Michelle 12:10-13:00	6-12yrs Kids Boxing 15:30-16:15
	 Erick 17:00-17:50	 Erick 18:00-18:50				 Ernesto 17:30-18:30
 Rahul 19:30-20:30	 Michelle 18:00-19:00	 Michelle 19:00-19:50		 Ernesto 18:00-19:00		 Ernesto 18:30-19:00

 BODY & MIND
  SHAPE
  CARDIO
  HIIT
  YOUTH



TALISE  
FITNESS

DISCOVER YOUR INNER POTENTIAL

[jumeirah.com/talisefitness](http://jumeirah.com/talisefitness)

A member of Jumeirah Group

# SEPTEMBER

THE HUB/POOL						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>MASTER SWIMMING</b> Urban 7:30-8:30		<b>MASTER SWIMMING</b> Urban 7:30-8:30	<b>LES MILLS GRIT</b> Larry 7:30-8:00		
<b>TALISE Power Fit</b> Glenn 8:15-9:00	<b>TALISE Power Fit</b> Larry 8:15-9:00	<b>WOD</b> Glenn 8:15-9:00	<b>HIIT.</b> Glenn 8:15-8:45	<b>WOD</b> Adam 8:15-9:00		<b>LES MILLS GRIT</b> Larry 8:00-8:30
<b>WOD</b> Eric 18:00-18:50	<b>WOD</b> Adam 18:30-19:20	<b>WOD</b> Eric 18:00-18:50	<b>WOD</b> Glenn 18:30-19:20			



**BODY & MIND**



**SHAPE**



**CARDIO**



**HIIT**



**YOUTH**



DISCOVER YOUR INNER POTENTIAL

[jumeirah.com/talisefitness](http://jumeirah.com/talisefitness)

**TALISE**  
FITNESS

A member of Jumeirah Group

# GX CLASSES DESCRIPTION

## CARDIO – Improve your cardiovascular system and burn calories

**ZUMBA** A fitness class that combines dance and fitness moves. Inspired by Latin dance and music, Zumba uses a variety of styles in its routines, including Cumbia, Merengue, salsa, reggae ton, mambo, rumba, flamenco, and hip hop. You could burn between 350 to 800 calories per class; it all depends on how you exert yourself!

**BODYCOMBAT™** is the empowering group fitness cardio workout where you are totally unleashed. This fiercely energetic program is inspired by mixed martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai.

**MASTERS SWIMMING** Our qualified swimming coaches will direct you with a 4 strokes training plan that will build you endurance strength and swimming skills.

**SH'BAM™** is the perfect way to shape up and let out your inner star – even if you're dance challenged. Set to a soundtrack of chart-topping popular hits. SH'BAM™ is the ultimate fun and sociable way to exercise.

**RPM™** is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within – sweat and burn to reach your endorphin high.

**LES MILLS TONE™** is the total body workout combing 25-min of low-impact cardio with band work for strength, core, back and abs. Burn fat, tone and shape your muscles.

**KICKBOXING** is conditioning workout using kick boxing techniques and training methods.

## SHAPE – Sculpt and strengthen your muscles and change the shape of your body

**BODYPUMP™** is one of the world's fastest ways to get in shape as it challenges all of your major muscle groups while you squat, press, lift and curl. Using barbells, this class will sculpt tone and strengthen your entire body.

**CXWORX™** really hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention.

**CORE** is 30min or 45min workout that targets the mid-section of your body and gets you results where it counts the most.

**TRX** is a revolutionary method of leveraged body weight exercise, using the TRX suspension trainer. TRX group class is a complete body workout that builds power, strength, flexibility, balance, mobility and core stability.

**TALISE POWER FIT** is a fusion of intense short Cardio Vascular and Functional Training exercises. Using the most innovative tools TRX, ViPR, Kettlebell's the class is incorporating many different styles of training, including strength, core, cardio, speed, agility and flexibility in a fun outdoor environment.

**WOD** is a full body conditioning class. This Cross Fit inspired workouts that will kick start your metabolism. Will improve strength and increase cardiovascular fitness.

**SANDSTORM CIRCUIT** is a mix of intense short Cardio Vascular and Functional Training exercises designed to increase cardiovascular fitness and improve body condition. This class will get you ready quickly for obstacle races such as Sandstorm etc.

## HIIT (High Intensity Interval Training) - Burn more calories in a shorter period of time

**TABATA** is a 30-minute HIIT workout designed to increase cardiovascular fitness, improve body conditioning and burn fat.

**GRIT SERIES** Scientifically proven LES MILLS GRIT™ works. Set new fitness goals – then smash them! Put your metabolism into overdrive, burning calories for hours after the workout. Forget hours of training – 30 minutes are all it takes.

## BODY & MIND – Release stress, improve flexibility and strengthen your core

**YOGA** Unify the mind, the body and the breath, beneficial for everyone. Improve flexibility and balance.

**PILATES** is a workout that focuses on postural alignment and improving core strength.

**BODYBALANCE™** is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance

## YOUTH – develop confidence and grow fundamental skills

**BORN TO MOVE™ 8-12 years age group** combines a wide of moves from eight movement categories are set to current music that that appeals to the diverse nature of this age group. Participants learn basic moves from martial arts, dance, sports conditioning, plyometric and yoga.

Our kids classes work on developing fitness levels from a young age, making kids more active and leading a healthy lifestyle.



TALISE  
FITNESS

DISCOVER YOUR INNER POTENTIAL

[jumeirah.com/talisefitness](http://jumeirah.com/talisefitness)

A member of Jumeirah Group