

# OCTOBER YOUTH CLASSES TIMETABLE



TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11:00		Erick					
14:00							Erick
15:00	Nikola		Nikola				Erick
16:00		Nikola	Erick	Nikola			Erick
17:00	Erick				Ivana		

To participate in any of the BORN TO MOVE™ classes your child needs to have an active BORN TO MOVE™ membership from one of the below membership options.

BORN TO MOVE™	Members / Hotel guests	Non Members
12 Months Unlimited	AED 4,320	AED 5,200
3 Months Unlimited	AED 1,440	AED 1,750
1 Month Unlimited	AED 600	AED 720
1 Month (8 classes)	AED 480	AED 580
1 Month (4 classes)	AED 300	AED 360
Single session	AED 80	AED 100

\*Rates are in AED and subject to change without prior notice and inclusive of 10% municipality Fee and 10% Service Charge\*



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

TALISE  
FITNESS

A member of Jumeirah Group

# TALISE FINTESS MADINAT JUMEIRAH

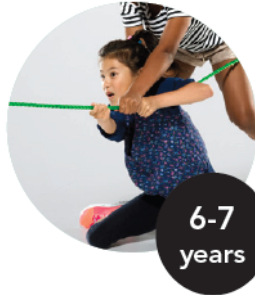
Registration is required@ 043666821



2-3  
years



4-5  
years



6-7  
years



8-12  
years



13-16  
years

Wonderful music written especially for these classes has instructions woven into the lyrics.

Simple moves build body awareness and balance.

Parents/guardians are welcome to take part.

A fun, captivating class that allows preschoolers to explore how their bodies move while immersed in an imaginative world.

Children develop self-awareness, balance, weight transfer and concentration skills as they interpret music and explore moving to the beat.

Children learn foundation movement skills whilst building confidence and social skills.

Specially written and current music creates a fun class experience that leaves children feeling successful and welcomed.

A wide selection of moves from eight movement categories are set to current music that appeals to the diverse nature of this age group.

Participants learn basic moves from martial arts, dance, sports conditioning, plyometrics and yoga.

Simple expressive moves set to a variety of big bold music tracks, encourage teenagers to move as they learn foundation movements from authentic disciplines such as sports conditioning, martial arts, plyometrics, dance and yoga.



BORN TO MOVE™ is a series of fitness classes for young people, aged two to sixteen years. Set to music young people love and featuring moves they actually want to do, BORN TO MOVE™ helps develop confidence and grow fundamental skills. You can find out more about the classes at [www.lesmills.com/borntomove](http://www.lesmills.com/borntomove)



Talise  
Wellness



Talise  
Fitness



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