

NOVEMBER STUDIO CLASSES

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00	LES MILLS GRIT SERIES 7:15 Bogdan	LES MILLS sprint 7:05 Hany	LES MILLS BODYPUMP	YOGA Vijay	LES MILLS BODYCOMBAT	LES MILLS BODYBALANCE	LES MILLS SH'BAM
8:00	YOGA Vijay	LES MILLS BODYPUMP Anna	LES MILLS RPM Ivana	LES MILLS RPM Greg	LES MILLS RPM Greg	LES MILLS RPM	LES MILLS BODYBALANCE
9:05	step! Aerobics	LES MILLS BODYBALANCE	LES MILLS SH'BAM	LES MILLS CXWORX	LES MILLS BODYPUMP	DETOX CORE Hany	LES MILLS RPM
9:35	Ivana	Anna	Rania	Rania ³⁰	Rania	LES MILLS GRIT SERIES	09:00 Fiona
10:10	POWER Pilates Asja	step! Aerobics Ivana	POWER Pilates Asja	CIRCUIT HIIT. ⁴⁵ Shastri	LES MILLS BODYBALANCE Anna	LES MILLS RPM Emma	LES MILLS CXWORX LES MILLS BODYBALANCE 10:00 Fiona
11:10	LES MILLS BODYPUMP	Pilates Nikola	LES MILLS BODYPUMP	LES MILLS RPM	LES MILLS BODYCOMBAT	LES MILLS BODYBALANCE Emma	LES MILLS CXWORX
12:10	LES MILLS RPM	LES MILLS BODYPUMP	LES MILLS RPM	LES MILLS BODYPUMP	LES MILLS RPM	LES MILLS BODYPUMP	LES MILLS BODYBALANCE
13:10	LES MILLS CXWORX	LES MILLS RPM	LES MILLS BODYCOMBAT	LES MILLS BODYBALANCE	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP
16:00	LES MILLS RPM	LES MILLS CXWORX	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS RPM	LES MILLS SH'BAM	LES MILLS BODYBALANCE
17:00	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	LES MILLS CXWORX	CORE	LES MILLS SH'BAM	HIIT.	LES MILLS SH'BAM
17:30		Nikola	LES MILLS BODYBALANCE ⁴⁵ Nikola	LES MILLS GRIT SERIES Hany		CORE Branko	
18:05	Pilates	LES MILLS TONE	CIRCUIT HIIT. ⁴⁵ 18:15 Asja	LES MILLS RPM Matt	LES MILLS BODYPUMP ³⁰ LES MILLS CXWORX Nikola	LES MILLS BODYBALANCE	CORE Shastri ³⁰
18:35	Asja	Nikola					
19:10	LES MILLS BODYCOMBAT Nikola	LES MILLS RPM Matt	step! Aerobics Ivana	YOGA Vijay	LES MILLS BODYBALANCE Nikola	LES MILLS RPM	LES MILLS BODYPUMP
20:10	LES MILLS BODYBALANCE Nikola	Vinyassa YOGA Vijay	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS RPM	LES MILLS BODYCOMBAT	LES MILLS BODYBALANCE
21:15	LES MILLS BODYPUMP	LES MILLS RPM	LES MILLS BODYBALANCE	LES MILLS RPM	LES MILLS SH'BAM	LES MILLS CXWORX	LES MILLS RPM

OUTDOOR GYM / TALISE X

TALISE X	TRX 9:00 Max		TALISE Power Fit 7:00 Bogdan	TRX 9:00 Max	TALISE Power Fit 7:00 Bogdan		
TALISE X	BOOTCAMP 18:45 Max	TRX 18:15 Max		KETTLEBELL KNOCKOUT 19:00 Asja	BOOTCAMP 18:45 Max		

INDOOR SWIMMING POOL

SWIM	SEA SWIMMING 8:30 Mirza	MASTERS SWIMMING 8:30 Mirza	MASTERS SWIMMING 8:30 Mirza	MASTERS SWIMMING 8:30 Mirza	AQUA AEROBICS 9:00 Catherine	AQUA AEROBICS 16:00 Catherine	MASTERS SWIMMING 9:00 Atanas
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BODY & MIND



SHAPE



CARDIO



HIIT



Talise Wellness



Talise Fitness



Talise Fitness

TALISE
FITNESS

DISCOVER YOUR INNER POTENTIAL

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GX CLASSES DESCRIPTION

CARDIO – Improve your cardiovascular system and burn calories

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.

RPM™ 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 combining 25-min of low-impact cardio with band work for strength, core back and abs. Burn fat, tone and shape your muscles.

AQUA AEROBICS low impact workout using water as resistance. It's an ideal exercise that avoids undue stress on the joints.

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.

STEP Aerobics is the full body cardio workout to really tone your butt and thighs. Burn calories and leave buzzing with satisfaction

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

DETOX is a signature class designed by Talise Fitness which focuses on detoxing the body. Sweat out toxins and cleanse yourself internally. This class is followed by a complementary detox drink in our Talise Café along with healthy nutrition tips.

TRX is a revolutionary method of leveraged body weight exercise, using the TRX suspension trainer. 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.

KETTLEBELL knockout will work every major muscle, build power and shred body fat in a circuit format using kettlebells.

BOOTCAMP is a mix of intense short Cardio Vascular and Functional Training exercises designed to increase cardiovascular fitness and improve body condition

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

SPRINT™ is a 30-min HIIT workout, using an indoor bike to achieve fast results.

It's a quick and hard style of training that returns rapid results with minimum joint impact.

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.

CIRCUIT HIIT is a 45-min workout designed to increase cardiovascular fitness, improve body conditioning and burn fat fast.

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

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.

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.

