

SEPTEMBER

STUDIO CLASSES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TALISE Power Fit 7:10-7:55 Sajjad	LES MILLS sprint + CORE 7:05-7:55 Hany	TALISE Power Fit 7:10-7:55 Sajjad	YOGA 7:00-8:00 Vijay	TALISE Power Fit 7:10-7:55 Max		
YOGA 8:00-9:00 Vijay	LES MILLS BODYPUMP 8:00-9:00 Anna	LES MILLS sprint 8:00-8:30 Matt	LES MILLS RPM 8:00-8:50 Greg	LES MILLS RPM 8:00-8:50 Greg	DETOX CORE 9:00-9:30 Hany	
ZUMBA fitness 9:05-10:00 Erick	LES MILLS BODYBALANCE 9:10-10:05 Anna	ZUMBA fitness 9:00-9:55 Erick	LES MILLS CXWORX 9:05-9:35 Rania	LES MILLS BODYPUMP 9:00-10:00 Rania	LES MILLS GRIT 9:35-10:05 Hany	LES MILLS sprint 09:10-9:40 Hany
POWER Pilates 10:05-11 Asja	CIRCUIT HIIT. 10:10-11:00 Branko	POWER Pilates 10:05-11 Asja		LES MILLS BODYBALANCE 10:10-11:05 Anna	LES MILLS RPM 10:10-11:00 Emma	CORE 09:45-10:30 Hany
	Pilates 11:10-12:05 Nikola				LES MILLS BODYBALANCE 11:10-12:05 Emma	
	LES MILLS BODYPUMP 17:00-18:00 Nikola	LES MILLS BODYBALANCE 17:00-18:00 Nikola	CORE 17:00-17:45 Hany	LES MILLS sprint 17:30-18:00 Matt	ZUMBA fitness 16:00-16:50 Erick	ZUMBA fitness 17:00-17:50 Erick
Pilates 18:00-19:00 Asja	LES MILLS tone 18:10-19:00 Nikola	LES MILLS BODYPUMP 18:05-19:05 Matt	LES MILLS GRIT 17:45-18:15 Hany	LES MILLS BODYPUMP 18:05-19:05 Nikola	CIRCUIT HIIT. 17:00-17:30 Branko	CORE 18:10-19:00 Shastri
LES MILLS BODYCOMBAT 19:10-20:05 Nikola	LES MILLS RPM 19:10-20:00 Matt	ZUMBA fitness 19:10-20:00 Erick	LES MILLS sprint + CORE 18:20-19:05 Hany	LES MILLS BODYBALANCE 19:10-20:05 Nikola	CORE 17:35-18:05 Branko	
LES MILLS BODYBALANCE 20:10-21:05 Nikola	Vinyassa YOGA 20:10-21:10 Vijay		YOGA 19:10-20:10 Vijay			

- HIIT
- CARDIO
- SHAPE
- BODY & MIND

GYM FLOOR	VIRTUAL	INDOOR SWIMMING POOL
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SEE SWIMMIG 8:30-9:30 Mirza	MASTERS SWIMMING 8:30-9:30 Mirza	MASTERS SWIMMING 8:30-9:30 Mirza	MASTERS SWIMMING 8:30-9:30 Mirza	AQUA AEROBICS 9:00-9:50 Catherine		MASTERS SWIMMING 8:30-9:30 Atanas
TRX 9:15-10:00 Max	TRX 18:15-19 Sajjad			LES MILLS BODYBALANCE 10:15-11:10	LES MILLS BODYBALANCE 7:05-8:00	LES MILLS RPM 9:15-9:45
				LES MILLS BODYCOMBAT 11:15-12:10	LES MILLS RPM 8:05-8:55	LES MILLS BODYPUMP 11:10-12:10
LES MILLS BODYPUMP 11:15-12:10		LES MILLS BODYPUMP 11:10-12:10	LES MILLS RPM 11:10-12:00	LES MILLS RPM 12:15-13:05	LES MILLS BODYPUMP 12:15-13:15	LES MILLS BODYBALANCE 12:15-13:10
LES MILLS RPM 12:15-13:05	LES MILLS BODYPUMP 12:15-13:15	LES MILLS RPM 12:15-13:05	LES MILLS BODYPUMP 12:10-13:10	LES MILLS BODYPUMP 13:10-14:10	LES MILLS BODYCOMBAT 13:20-14:15	LES MILLS CXWORX 13:15-13:45
LES MILLS CXWORX 13:10-13:40	LES MILLS RPM 13:20-14:10	LES MILLS BODYCOMBAT 13:10-14:05	LES MILLS CXWORX 13:15-13:45	LES MILLS RPM From 20 th 16:00	LES MILLS BODYBALANCE 18:10-19:05	LES MILLS BODYBALANCE 16:00-16:55
LES MILLS RPM From 23 rd 16:00	LES MILLS CXWORX 16:05-16:35	LES MILLS BODYPUMP From 25 th 16:00	LES MILLS BODYBALANCE From 19 th 16:00	LES MILLS SH'BAM 17:00-17:50	LES MILLS RPM 19:15-20:05	LES MILLS BODYPUMP 19:10-20:10
LES MILLS SH'BAM 17:00-17:50	LES MILLS BODYCOMBAT 18:15-19:10	LES MILLS BODYPUMP 20:10-21:10	LES MILLS BODYCOMBAT 20:15-21:10	LES MILLS RPM 20:20-21:10	LES MILLS BODYCOMBAT 20:10-21:05	LES MILLS BODYBALANCE 20:15-21:10
LES MILLS BODYPUMP 21:15-22:15	LES MILLS SH'BAM 21:15-22:05	LES MILLS BODYBALANCE 21:15-22:10	LES MILLS RPM 21:15-22:05	LES MILLS CXWORX 21:15-21:45	LES MILLS BODYPUMP 21:15-22:15	LES MILLS RPM 21:15-21:05



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.

ZUMBA is 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 700 calories per class; it all depends on how you exert yourself!

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 legs. 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 30min or 45min 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.

SPARTAN SGX Whatever you're a regular competitor or a first timer, this training will push your agility, speed, stamina and take your performance to the next level. Get ready for upcoming obstacle races such as SPARTAN, Desert warrior etc.

LBT or Legs, Bums and Tums, is a fun workout designed to tackle those problem areas whilst increasing your fitness levels.

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.



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