



BURJ AL ARAB®  
Jumeirah

TALISE  
FITNESS

Group exercise timetable

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am	Six pack attack (M)	Talise Fit (M)	HIIT (M)	Ashtanga Yoga (M)	VIPR (M)	X-FIT (M)	
9:30am	Constant Cardio (M)						
9:45am							
10:00am					Circuits (M)	HIIT (M)	Stretching & Flexibility (M)
12:00 pm			Constant Cardio (M)				
5:00pm	Circuits (M)	HIIT (M)					
5:30, 5:45, 6:00pm			06:00pm – Military Bootcamp (M)	05:30pm – Military Bootcamp (M)	06:00pm - 6 pack attack (M)	06:00 pm – Combat Core (M)	

(L) - Ladies Class, (M) - Mixed Class

Classes are subject to change without prior notice

**Ashtanga, Energize Yoga** is a 60-minutes yoga class of variety of styles.

**Constant Cardio** is a 45-minutes continuous cardiovascular workout to increase fitness levels.

**Circuits** is a 45-minutes class that combines cardio and resistance training. It consists of bodyweight, intervals and plyometrics exercises done in circuits.

**Combat Core** is a 30-minutes attack on the abdominals, lower back and obliques which will strengthen the external and internal core muscles.

**HIIT** is a 30 minutes total body, High Intensity Interval Training class designed to get the heart pumping.

**Six Pack Attack** is a 30-minutes intense core workout class to burn the abs, obliques and lower back.

**Talise Fit** is a 45-minutes signature class that challenges your whole body.

**VIPR** is a 45-minutes class for Vitality, Performance and Reconditioning. It bridges the gap between movement and strength.

**X-FIT** is a 45-minutes extreme fitness class to get the heart racing and fatigue the muscles

**Military Boot Camp** is a 45-minutes army style training using body weight and weighted exercises for the ultimate workout.