

FEBRUARY 2019	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
08:00				BODY PUMP			
09:00	CIRCUIT						
10:00						BODY PUMP	OUTDOOR YOGA
11:15						RHYTHM RIDE	HIIT/ABS
17:00							BODY PUMP
18:30	BODY PUMP	FUNCTIONAL FIT	HIIT/ABS	CIRCUIT			
19:00					FUNCTIONAL FIT		
19:45		HATHA YOGA			RHYTHM RIDE		

THE BURJ CLUB

DESCRIPTION

DURATION

INTENSITY



LES MILLS BODY PUMP

This original weights class that builds strength, tones your body, and pushes you to the limit everytime. Be strong.

60 MINUTES

MODERATE
TO
HIGH



THE BURJ CLUB POWER YOGA

Power Yoga is a fitness-based vinyasa practice. An offshoot of Ashtanga Yoga, it has many of the same qualities and benefits, including building internal heat, increased stamina, strength, and flexibility, as well as stress reduction.

60 MINUTES

LOW



THE BURJ CLUB RHYTHM RIDE

A great cardiovascular workout. Ride the Rhythm through hill climbs, sprints and other challenging drills.

45 MINUTES

MODERATE
TO
HIGH

* ALL CLASSES COMPLIMENTARY TO CLUB MEMBERS

SUBJECT TO AVAILABILITY
RESERVATIONS RECOMMENDED
TERMS & CONDITIONS APPLY



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