

MARCH 2018	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30			BODY PUMP				
10:00						BODY PUMP	YOGA
11:15						BODY ATTACK	DB FIT METHOD
18:30	BODY PUMP	BODY ATTACK	DB FIT METHOD	BODY PUMP (LADIES ONLY)			
19:45	BODY BALANCE	YOGA		BODY EVOLUTION			

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



LES MILLS BODY ATTACK

Bodyattack is a high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats."

45 MINUTES

HIGH

* ALL CLASSES COMPLIMENTARY TO CLUB MEMBERS

SUBJECT TO AVAILABILITY
RESERVATIONS RECOMMENDED
TERMS & CONDITIONS APPLY



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