

DECEMBER 2017	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30		BODY PUMP					
10:00						BODY PUMP	YOGA
11:15						GRIT	
12:00							DB FIT METHOD
18:30	BODY PUMP		DB FIT METHOD	BODY PUMP (LADIES ONLY)			
19:45	BODY BALANCE	YOGA	GRIT	BODY EVOLUTION			

THE BURJ CLUB



LES MILLS BODY PUMP

DESCRIPTION

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

DURATION

60 MINUTES

INTENSITY

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 GRIT

The GRIT Series features three unique workouts featuring High Intensity Interval Training designed for ultimate results in minimum time. Grit Strength, Grit Plyo and Grit Cardio!

30 MINUTES

HIGH

* ALL CLASSES COMPLIMENTARY TO CLUB MEMBERS

SUBJECT TO AVAILABILITY
RESERVATIONS RECOMMENDED
TERMS & CONDITIONS APPLY



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