

| MARCH 2019 | SUNDAY    | MONDAY         | TUESDAY     | WEDNESDAY | THURSDAY       | FRIDAY      | SATURDAY     |
|------------|-----------|----------------|-------------|-----------|----------------|-------------|--------------|
| 08:00      | CIRCUIT   |                |             | CIRCUIT   |                |             |              |
| 10:00      |           |                |             |           |                | BODY PUMP   | OUTDOOR YOGA |
| 11:15      |           |                |             |           |                | RHYTHM RIDE | HIIT/ABS     |
| 17:00      |           |                |             |           |                |             |              |
| 18:30      | BODY PUMP | FUNCTIONAL FIT | HIIT/ABS    | BODY PUMP |                |             |              |
| 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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