

DECEMBER 2018	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00		BODY PUMP		BODY PUMP			
10:00						BODY PUMP	OUTDOOR YOGA
11:15						RHYTHM RIDE	HIIT/ABS
18:30	BODY PUMP	FUNCTIONAL FIT	HIIT/ABS	FUNCTIONAL FIT			FUNCTIONAL FIT
19:45	HATHA YOGA				RHYTHM RIDE		

THE BURJ CLUB

DESCRIPTION

DURATION

INTENSITY



LES MILLS BODY PUMP

This original weights class builds strength, tone your body and pushes you to 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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