

DECEMBER 2022 SCHEDULE	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00 AM							
4:00 PM							
5:00 PM	DB FIT METHOD			KICK-BOXING		KICK-BOXING	
6:00 PM		DB FIT METHOD	DB FIT METHOD	CIRCUIT (LARGE STUDIO)	CIRCUIT	CIRCUIT	
6:00 PM				DEEP STRETCHING & ABS (YOGA ROOM)			
7:00 PM		YOGA	BODY PUMP	YOGA	BODY PUMP	YOGA	

# 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 every time. 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



### CIRCUIT

Cycle through several exercises with minimal rest in between, each targeted for a different muscle group.

**60** MINUTES

MODERATE  
TO  
HIGH

\* ALL CLASSES COMPLIMENTARY TO CLUB MEMBERS

SUBJECT TO AVAILABILITY  
RESERVATIONS RECOMMENDED  
TERMS & CONDITIONS APPLY



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