

# TALISE

## FITNESS

### SPORTS AND LEISURE ADULTS' ACTIVITIES - JANUARY 2026

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
09:00 - 09:45	<b>LOWER BODY BLAST</b> Ilori		<b>TABATA</b> Hussien	<b>CIRCUIT</b> Hussien	<b>PILATES</b> Cardio Studio - Batool	<b>WORKOUT OF THE DAY</b> Ilori	<b>FUNCTIONAL FITNESS</b> Ilori
10:00 - 10:45		<b>WORKOUT OF THE DAY</b> Ilori			<b>YOGA</b> Crew Lounge - Batool	<b>YOGALATES</b> Crew Lounge - Batool	
11:00 - 11:45							
12:00 - 12:45							
13:00 - 13:45							
14:00 - 14:45						<b>TEENS FITNESS</b> Ilori	<b>TEENS FITNESS</b> Hussien
15:00 - 15:45							
16:00 - 16:45	<b>TEENS FITNESS</b> Edwin						
17:00 - 17:45	<b>PILATES REFORMER</b> Cardio Studio - Batool	<b>CORE &amp; LOWER BODY</b> Edwin	<b>FUNCTIONAL FITNESS</b> Ilori	<b>MAT PILATES</b> Crew Lounge - Batool	<b>KETTLEBELL</b> Edwin	<b>HIIT</b> Edwin	<b>CORE &amp; LOWER BODY</b> Edwin
18:00 - 18:45	<b>HIIT</b> Cardio Studio - Edwin			<b>YOGA</b> Crew Lounge - Batool			
19:00 - 19:45							

Kindly note the following:

- Booking your classes in advance is always required. Our team at the Health Club reception will be more than happy to assist you.
- The class will be cancelled after 15-minute from its starting time in case nobody shows up.
- A minimum number of 2 participants is required to run the class.
- Class timing is subject to change or cancel based on the weather conditions.

SPORTS AND LEISURE KIDS’ ACTIVITIES - JANUARY 2026

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00 - 10:45							
11:00 - 11:45						BOARD GAMES	MINUTE TO WIN
12:00 - 12:45							
13:00 - 13:45						MEMORY GAMES	SOFT ARCHERY
14:00 - 14:45							
15:00 - 15:45	ORIGAMI	KITCHEN PLAY	PYRAMID BUILDER	COLORING	MUSICAL CHAIR	KITCHEN PLAY	PLAY DOUGH
16:00 - 16:45							
17:00 - 17:45	COLORING	MUSICAL CHAIR	ORIGAMI	KITCHEN PLAY	LEGO BUILDER	COLORING	FOLLOW THE COLOR
18:00 - 18:45							
19:00 - 19:45	KITCHEN PLAY	LEGO BUILDER	BOARD GAMES	SOFT ARCHERY	PLAY DOUGH	MUSICAL CHAIR	MANDALA ARTS

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