

T A L I S E
F I T N E S S

SPORTS AND LEISURE ADULTS' ACTIVITIES - JANUARY 2026

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