

JUNE 2025

Group Exercise Timetable at Jumeirah Mina Al Salam

CARDIO							
Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
06:00			Virtual RPM (45 mins)				
07:00	Bootcamp Hamza (45 mins)						
08:15		RPM Greg (50 mins)			RPM Greg (50 mins)		
09:00			Zumba Erick (50 mins)		Aqua Bike Erick (50 mins)		Zumba Erick (50 mins)
09:15	Zumba Erick (50 mins)	Zumba Belly Dance Erick (50 mins)					
10:00				RPM Hamza (50 mins)			Aqua GX Erick (50 mins)
10:15	Aqua Bike Erick (50 mins)	Aqua GX Erick (50 mins)					
10:30					Zumba Erick (50 mins)		
16:00							Zumba Erick (50 mins)
16:30			Virtual RPM (45 mins)				
18:00	Body Combat Richard (50 mins)						
18:30			Zumba Erick (50 mins)				
19:00	Zumba Erick (50 mins)	Zumba Erick (50 mins)					

BODY & MIND							
Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
07:00				Yoga Isha (50 mins)			
08:00	Yoga Petra (50 mins)		Yoga Isha (50 mins)			Yoga Isha (50 mins)	
10:00			Ashtanga Yoga Sonali (50 mins)				
17:30			Stick Mobility Aurelie (50 mins)				
18:30					Virtual Bodybalance (60 mins)		
19:00				Yoga Isha (60 mins)			

SHAPE / CONDITIONING							
★ Paid Class AED 200							
Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
09:00	Reformer Pilates Dilia (45 mins) ★				Reformer Pilates Nadiia (45 mins) ★		

- Cardio: Improve your cardiovascular system and burn calories
- Body & Mind: Release stress, improve flexibility and strengthen your core
- Shape/Conditioning: Sculpt and strengthen your muscles and change the shape of your body

To pre-book classes, call 04 366 6821 or email mjreception@thejclub.com
Please remember to bring a towel and a mat (if required) and arrive atleast 5 minutes before class starts.

JUNE 2025

Racket Sports Timetable at Jumeirah Al Qasr / Jumeirah Beach Hotel

TENNIS - JUMEIRAH AL QASR

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
20:00 - 22:00	ADVANCED		INTERMEDIATE				
	Adults Group AED 210		Adults Group AED 210				

PADEL - JUMEIRAH AL QASR

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
19:00 - 21:00	INTERMEDIATE						
	Adults Group AED 165						
20:00 - 22:00			INTERMEDIATE				
			Adults Group AED 165				

TENNIS - JUMEIRAH BEACH HOTEL

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
20:00 - 21:30			BEGINNER				
			Adults Group AED 160				

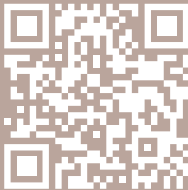
SQUASH WITH NIKKY HARRDINE - JUMEIRAH BEACH HOTEL

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
14:30 - 16:00						FAMILY CLINIC INTERMEDIATE	
						Mixed Group Kids 55 Adults 80	
15:30 - 17:00							FAMILY CLINIC INTERMEDIATE
							Mixed Group Kids 55 Adults 80
17:00 - 20:00	MENS CLINIC ADVANCED	MIXED CLINIC INTERMEDIATE		MENS CLINIC ADVANCED		MENS CLINIC ADVANCED	
	Adults Group AED 80	Adults Group AED 80		Adults Group AED 80		Adults Group AED 80	
18:00 - 21:00			MIXED CLINIC ADVANCED				
			Adults Group AED 80				

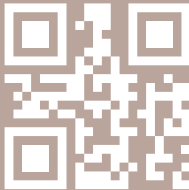
Advance booking required

Individual sessions are available; please coordinate directly with our trainers to arrange your appointments.

Kindly arrive at least 5-min before class starts.



Mouratoglou tennis center
+971 50 316 9180



Nikky Harrdine
+971 50 450 7762

JUNE 2025

Recovery and Wellness Sessions at Jumeirah Mina Al Salam

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
09:00	Hypervolt Recovery Miguel (15 mins)				Mobility Miguel (15 mins)		
10:00			Core Miguel (15 mins)			Hypervolt Recovery Miguel (15 mins)	Core Miguel (15 mins)

- Core exercises build strength and stability in the midsection, improving posture, balance, and overall performance
- A mobility session enhances flexibility and joint range, promoting faster recovery and injury prevention
- Hypervolt sessions with theragun devices ease muscle tension, boost circulation and recovery

To pre-book classes, call 04 366 6821 or email info@thejclub.com
Please remember to bring a towel and a mat (if required) and arrive atleast 5 minutes before class starts.