

APRIL TIMETABLE

# Group Exercise Timetable at Jumeirah Mina Al Salam



Cardio							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
07:00	J Condition Hamza (45 mins)		Bootcamp Miguel (45 mins)		Bootcamp Miguel (45 mins)		
08:15		Gear Cycling Greg (50 mins)			Gear Cycling Greg (50 mins)		
09:00			Zumba Erick (50 mins)	Lift Hamza (45 mins)	Aqua Bike Erik (50 mins)	Core Hamza (50 mins)	Zumba Erick (50 mins)
09:15	Zumba Erick (50 mins)	Zumba Belly Dance Erick (50 mins)					
09:30					Lift Rania (50 mins)		
10:00				Core Hamza (50 mins)		J Condition Hamza (45 mins)	Aqua GX Erick (50 mins)
10:15		Aqua GX Erick (50 mins)					
10:30					Zumba Erick (50 mins)		
16:00							Zumba Erick (50 mins)
17:00	Core Danica (45 mins)	Gluteus and Core Pedro (45 mins)	HIIT Danica (45 mins)	Gluteus and Core Pedro (45 mins)			
18:00	J Condition Danica (45 mins)	Lift Pedro (45 mins)	J Condition Danica (45 mins)	Lift Pedro (50 mins)			
19:00			Zumba Erick (50 mins)				

Body & Mind							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
07:00				Vinyasa Yoga Isha (50 mins)			
08:00	Hatha Yoga Petra (50 mins)		Vinyasa Yoga Isha (50 mins)			Vinyasa Yoga Isha (50 mins)	
19:00	Vinyasa Yoga Isha (50 mins)			Vinyasa Yoga Isha (50 mins)			

	<b>Cardio</b> Improve your cardiovascular system and burn calories		<b>Body &amp; Mind</b> Release stress, improve flexibility and strengthen your core		<b>Shape/Conditioning</b> Sculpt and strengthen your muscles and change the shape of your body
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Please remember to bring a towel and a mat (if required) and arrive atleast 5 minutes before class starts.  
To pre-book classes, call 04 406 8872 or email [mjreception@thejclub.com](mailto:mjreception@thejclub.com)

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Shape / Conditioning							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
07:00		HITT Pilates Nadiia (45 mins)					
08:00	Power Pilates Victoria (60 mins)						
19:00		Power Pilates Lucia (45 mins)					

★ Paid Class AED 200

# Racket Sports Timetable at Jumeirah Al Qasr / Jumeirah Beach Hotel


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 60   Adults 85	
15:30 - 17:00							FAMILY CLINIC INTERMEDIATE  Mixed Group Kids 60   Adults 85
17:00 - 20:00	MENS CLINIC ADVANCED  Adults Group AED 85	MIXED CLINIC INTERMEDIATE  Adults Group AED 85		MENS CLINIC ADVANCED  Adults Group AED 85		MENS CLINIC ADVANCED  Adults Group AED 85	
18:00 - 21:00			MIXED CLINIC ADVANCED  Adults Group AED 85				

**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

 Jumeirah Racquets  
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 Nikky Harrdine  
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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.

# Group Class Description at Jumeirah Mina Al Salam



<p><b>Bootcamp</b></p> <p>A high-intensity class designed to challenge endurance and strength. Combines functional movement, agility, and cardiovascular training to energise and empower.</p>	<p><b>LIFT</b></p> <p>A strength-based class built around tempo and form. Focuses on muscular endurance and core activation with refined technique.</p>	<p><b>Gear</b></p> <p>A rhythm-driven cycling session built around power intervals and athletic flow. Distinct from traditional RPM formats, offering a fresh take on indoor riding.</p>
<p><b>Zumba</b></p> <p>A joyful dance-based workout blending Latin-inspired moves with high-energy music. Boosts cardio, coordination, and mood in a vibrant setting.</p>	<p><b>Power plate</b></p> <p>An efficient full-body session that harnesses vibration technology to elevate strength, flexibility, and overall wellbeing.</p>	<p><b>J Condition</b></p> <p>J Club's signature circuit class combining strength, cardio, and functional training for a full-body workout that boosts endurance and overall fitness.</p>
<p><b>Boxfit</b></p> <p>A boxing-inspired fitness class combining interval, circuit, and functional training. Builds endurance and teaches fundamental boxing techniques while boosting cardio performance.</p>	<p><b>J Pump</b></p> <p>A barbell-based workout focused on high-rep strength training to tone, build endurance, and leave you feeling energised.</p>	<p><b>Stick Mobility</b></p> <p>A mobility-focused class using resistance sticks to enhance posture, range, and control. Supports deeper movement and structural alignment.</p>
<p><b>Meditation and breathwork</b></p> <p>Meditation calms the mind, reduces stress, and improves focus. Breathwork enhances relaxation, oxygen flow, and emotional balance. Together, they boost mindfulness, recovery, mental clarity, and overall well-being</p>	<p><b>Vinyasa Yoga</b></p> <p>A dynamic, flowing practice that links breath with movement. Vinyasa Yoga builds strength, flexibility, and focus. Each sequence is fluid and energising, designed to leave you feeling balanced, grounded, and renewed.</p>	<p><b>Hatha Yoga</b></p> <p>A slower-paced, alignment-focused practice that introduces foundational yoga postures with mindful breathing. Ideal for all levels, Hatha Yoga enhances flexibility, posture, and mental clarity.</p>
<p><b>Ashtanga Yoga</b></p> <p>A dynamic sequence rooted in traditional breath-led movement. Builds resilience, flexibility, and inner focus through structured postural flow.</p>	<p><b>Mat Pilates (50 min)</b></p> <p>A 50-minute floor-based workout targeting core strength, posture, and muscular tone. Props such as fitness circles, soft balls, or light weights may be used to deepen the practice. Open to all levels.</p>	<p><b>Reformer Pilates</b></p> <p>A refined, full-body session using the reformer machine to enhance core strength, joint mobility, and posture. Designed to support balance, stability, and overall alignment.</p>
<p><b>Chair Pilates</b></p> <p>A graceful Pilates session using a chair for support and alignment. Enhances posture, flexibility, and mind-body connection in an accessible format.</p>	<p><b>Glutes &amp; Core</b></p> <p>A targeted session designed to strengthen and sculpt the glutes and core. Builds stability, balance, and a refined physique.</p>	<p><b>Burn</b></p> <p>A focused cardiovascular session designed to increase heart rate and burn calories effectively in a time-efficient format.</p>

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