

Movement Timetable

DECEMBER 2025

TALISE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Reformer Pilates 8:30 - 9:15 9:30 - 10:15 (Female only)		Reformer Pilates 8:30 - 9:15 9:30 - 10:15 (Female only)		Yin Yoga 8:30 - 9:30 9:45 - 10:45 (Female only)	Yoga at the Balloons 8:30 - 9:30
					Reformer Pilates 9:30 - 10:15	
		Sound Healing Meditation 15:00 - 15:45		Detox Yoga 10:30 - 11:30		Detox Yoga 10:30 - 11:30
	Yin Yoga 17:30 - 18:30	Yoga for Posture and Alignment 17:30 - 18:30	Red Light Yoga and Breathwork 17:30 - 18:30	Power Yoga 17:30 - 18:30	Beach Sunset Yoga 17:30 - 18:30	Vinyasa Flow Yoga 17:30 - 18:30
	Yin Yoga 18:45 - 19:45 (Female only)	Reformer Pilates 19:00 - 19:45	Red Light Yoga and Breathwork 18:45 - 19:45 (Female Only)			

Beach Sunset Yoga

Let the transformative power of nature guide your practice, as the warmth of the sun and the rhythm of the sea ground your breath, clear your thoughts and support each movement with mindful purpose.

Location: Beach by Celeste Pool, Jumeirah Al Qasr

Vinyasa Flow

Vinyasa flow yoga harmonises movement with breath, guiding you through graceful transitions from one pose to the next, flowing each inhale and exhale. Leaving you feel energised and balanced.

Location: Beach by Celeste Pool, Jumeirah Al Qasr

Yin Yoga

A relaxing slow-paced style with postures that are held for longer periods of time, working on connective tissues to improve circulation in joints.

Location: Talise, Madinat Jumeirah

Detox Yoga

A flowing yoga using different asanas to support detoxifications, particularly twist and bends to stimulate our organs.

Location: Talise, Madinat Jumeirah

Yoga for Posture and Alignment

Improve body awareness and alignment with focused yoga techniques designed to correct posture, alleviate back pain, and prevent injury.

Location: Talise, Madinat Jumeirah

Power Yoga

In this energetic practice, breath and motion intertwine to strengthen the body, elevate endurance and awaken vitality. Each session leaves you empowered, invigorated and radiant.

Location: Beach by Celeste Pool, Jumeirah Al Qasr

Yoga at the Balloons

Immerse yourself in a morning of calm and connection with a guided Hatha yoga session at Balloons at The Palace. Surrounded by captivating horizons of Dubai’s skyline and the Arabian Gulf, conclude your practice with a nourishing breakfast that celebrates mindful living at Jumeirah Al Qasr.

Time: 8:30 - 9:30

Price: AED 350 per person

Red Light Yoga and Breathwork

A gentle flow practiced on advanced red-light mats that emit red and near-infrared light. This modern biohacking experience enhances circulation, supports recovery, and promotes cellular renewal, leaving you calm, balanced, and restored.

Price: AED 250 per person

Location: Talise, Madinat Jumeirah

Advanced booking is required

Sound Healing Meditation

A full-body listening experience combining guided group meditation with the therapeutic sound vibrations of singing bowls and crystal bowls, releasing tension and gently guiding both mind and body into a deeply restorative state.

Price: AED 75 per person

Location: Talise, Madinat Jumeirah

Reformer Pilates

Unlock the power of mind-body connexion with Neuro Pilates led by our certified instructor. This practice combines the principles of Pilates with neuroscience to enhance physical strength, mental focus and overall well-being.

Location: Reformer Pilates Studio, Talise, Madinat Jumeirah

The Special Event with Rumi Earth

Experience Full Moon Yoga with Rumi Earth, where flowing movement, gentle waves and the moon’s radiance create a restorative, mindful journey of calm and balance.

Date: Thursday, 4 December 2025

Time: 19:30 onwards

Price: AED 300 per person

Location: Beach by Celeste Pool, Jumeirah Al Qasr

Group Yoga Price List

Group Class: AED 95 per session

Sound Healing Meditation and Yoga Nidra: AED 75 per session

Group Class Package - 10 sessions: AED 855

Unlimited Yoga Group Class Package: AED 1,100 per month

J Club Members: AED 60 per class

Reformer Pilates Price List

Reformer Pilates Group Class: AED 250

Group Class Package,10 sessions: AED 2500

*Valid for 6 weeks from the day of the 1st class

Pilates Private Class: Starting from AED 500 per session
(classes available upon request)

*Valid for 6 weeks from the day of the 1st class.

Maximum capacity per group class is 4 guests.

Advance booking is required.

For more information and reservation, please contact:
+971 4 366 6818 or email mjtalise@jumeirah.com