

# Movement Timetable

DECEMBER 2025

T A L I S E

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>Reformer Pilates</b> 8:30 - 9:15 9:30 - 10:15 (Female only)		<b>Reformer Pilates</b> 8:30 - 9:15 9:30 - 10:15 (Female only)		<b>Yin Yoga</b> 8:30 - 9:30 9:45 - 10:45 (Female only)	<b>Yoga at the Balloons</b> 8:30 - 9:30
					<b>Reformer Pilates</b> 9:30 - 10:15	
		<b>Sound Healing Meditation</b> 15:00 - 15:45		<b>Detox Yoga</b> 10:30 - 11:30		<b>Detox Yoga</b> 10:30 - 11:30
	<b>Yin Yoga</b> 17:30 - 18:30	<b>Yoga for Posture and Alignment</b> 17:30 - 18:30	<b>Red Light Yoga and Breathwork</b> 17:30 - 18:30	<b>Power Yoga</b> 17:30 - 18:30	<b>Beach Sunset Yoga</b> 17:30 - 18:30	<b>Vinyasa Flow Yoga</b> 17:30 - 18:30
	<b>Yin Yoga</b> 18:45 - 19:45 (Female only)	<b>Reformer Pilates</b> 19:00 - 19:45	<b>Red Light Yoga and Breathwork</b> 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 connection 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](mailto:mjtalise@jumeirah.com)