

Group Exercise Timetable at Jumeirah Beach Hotel



Wellness: Studio 1							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
08:30		Ashtanga Yoga Fabienne (60 mins)	Hatha Yoga Petra (50 mins)				
09:00				Zumba Erick (50 mins)			
09:30	Hatha Yoga Petra (50 mins)						
10:00		Mat Pilates Sara (60 mins)		Power Pilates Viki (50 mins)		Zumba Erick (50 mins)	
10:15			Zumba Erick (50 mins)				
11:15			Chair Pilates Sara (50 mins)				Meditation Breath-work Ella (45 mins)
14:00	Core Mary Joy (30 mins)	Core Mary Joy (20 mins)					
17:00	Zumba Erick (50 mins)		Zumba Erick (50 mins)				

High Impact - Studio 2							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
08:30	Burn Rania (50 mins)		J Pump Ramzy (60 mins)				
09:00					J Pump Hamza (60 mins)		Lift Rania (60 mins)
09:30	Stick Mobility Rania (50 mins)		Glutes & Abs Ramzy (45 mins)				
09:45		Lift Rania (60 mins)		Boxfit Rania (60 mins)			

Cycling Studio - Studio 3							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
08:30		Gear Cycling Rania (50 mins)		Gear Cycling Rania (60 mins)			
09:00							Gear Cycling Rania (60 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
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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

Group Exercise Timetable at Jumeirah Beach Hotel



Outdoor							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
07:00					Vinyasa Yoga Isha (50 mins)		
08:15	J Condition Hamza (45 mins)				J Condition Hamza (45 mins)		
09:00						Bootcamp Ahmed (50 mins)	
19:00				Sunset Walk Mary Joy (45 mins)			

Reformer Pilates Studio							
★ Paid Class AED 200							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
08:00		Reformer Pilates Sara (50 mins) ★					


Racket Sports Timetable at Jumeirah Beach Hotel / Al Qasr


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
by Tipsarević
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 Nikky Harrdine
+971 50 450 7762

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 Beach Hotel



<p>Bootcamp</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>LIFT</p> <p>A strength-based class built around tempo and form. Focuses on muscular endurance and core activation with refined technique.</p>	<p>Gear</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>Zumba</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>Power plate</p> <p>An efficient full-body session that harnesses vibration technology to elevate strength, flexibility, and overall wellbeing.</p>	<p>J Condition</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>Boxfit</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>J Pump</p> <p>A barbell-based workout focused on high-rep strength training to tone, build endurance, and leave you feeling energised.</p>	<p>Stick Mobility</p> <p>A mobility-focused class using resistance sticks to enhance posture, range, and control. Supports deeper movement and structural alignment.</p>
<p>Meditation and breathwork</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>Vinyasa Yoga</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>Hatha Yoga</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>Ashtanga Yoga</p> <p>A dynamic sequence rooted in traditional breath-led movement. Builds resilience, flexibility, and inner focus through structured postural flow.</p>	<p>Mat Pilates (50 min)</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>Reformer Pilates</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>Chair Pilates</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>Glutes & Core</p> <p>A targeted session designed to strengthen and sculpt the glutes and core. Builds stability, balance, and a refined physique.</p>	<p>Burn</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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