



From Moments To Memories

ACTIVITY PROGRAMMING BROCHURE

JUMEIRAH
SAADIYAT ISLAND
ABU DHABI






A Personal Welcome

Dear Valued Guests,

It is my great pleasure to welcome you to Jumeirah Saadiyat Island Resort, where natural beauty meets exceptional hospitality. Nestled along the pristine shores of Saadiyat Island, our resort offers a serene escape, inviting you to relax, reconnect, and discover moments of joy in every experience. Whether you choose to unwind by the turquoise waters, or explore the rich culture and nature of Abu Dhabi, our dedicated team is here to ensure your stay is truly unforgettable. We invite you to explore the activities and experiences featured in this brochure, each thoughtfully curated to inspire relaxation, wellness, and discovery during your time with us.

On behalf of all of us at Jumeirah Saadiyat Island, thank you for choosing to stay with us. We wish you a memorable and enriching stay.

Warm regards,
Carla Puverel
General Manager

A woman with long brown hair, wearing a salmon-colored dress and brown sunglasses, is leaning against the open door of a black car. She is looking off to the side. The car is parked in front of a modern building with large windows. The text "Arrival & Welcome" is overlaid on the image.

Arrival & Welcome

Embark on a tailored journey that's exclusively yours,
with a collection of chauffeured vehicles designed to
elevate every moment of travel.



Transportation Services

Our concierge team is dedicated to assisting guests with their transportation and other needs, personalising each stay by making restaurant reservations, advising on local attractions, and handling special requests. They are knowledgeable about the local area and provide personalised recommendations to enhance each guest's experience, from dining and cultural events to other island activities.

For reservations or to view the full schedule of daily activities, please use our e-Butler service.

A close-up, warm-toned photograph of a man and a woman smiling and looking down at something off-camera. The man, on the left, wears gold-rimmed sunglasses and a white t-shirt. The woman, on the right, wears dark-rimmed sunglasses and has her hair pulled back. They are both holding wine glasses; the man's glass contains a light-colored wine. The background is softly blurred, suggesting an outdoor setting with greenery and a bright sky.

Culinary Experiences

Embark on a remarkable journey of taste at Jumeirah Saadiyat Island. From oceanfront elegance to vibrant global flavours, each restaurant celebrates fresh, sustainable ingredients and inspired artistry. Savour exquisite cuisine, handcrafted cocktails, and warm Arabian hospitality, every meal a memorable celebration of island living and culinary excellence.

The Ultimate Brunch Experience at White

Where flavour meets rhythm and the horizon feels within reach. At White, Saturdays unfold in perfect harmony, a curated journey of taste and sound with every dish prepared to captivate and every note carried by the sea.

LOCATION: White Restaurant
TIME: Every Saturday from 13:00 to 16:00
RATE: Soft package: AED 375
House package: AED 500
Premium package: AED 625



Sunset Breeze at Pool Bar

As daylight softens and the sea catches the colours of dusk, find your rhythm in a space where music and ocean meet. Each Saturday, linger by the shore and enjoy crafted cocktails, exquisite bites, and the gentle energy of a live duo that brings the evening to life. Time slows, moments linger, and Saadiyat reveals its most beautiful light.

LOCATION: Pool Bar
TIME: Every Saturday from 16:30 to 19:30



Arabian Nights at Tean

Indulge in a lavish Arabic buffet with live entertainment and the mesmerising artistry of a Tanoura Dancer. This immersive experience brings together rich flavours, vibrant culture, and captivating performance.

LOCATION:
TIME:
RATE:

Tean
Every Friday from 18:30 to 22:30
AED 310 per person

Weekend Roast at Offside

Gather your loved ones around the table and enjoy the comforting flavours of a weekend roast, including a pint of hops.

LOCATION:
TIME:
RATE:

Offside Gastropub
Every Saturday and Sunday
from 12:00 to 23:30
AED 135 per person



A close-up, warm-toned photograph of a person's arm and hand being massaged with a scrub in a spa bath. The water is calm, with several white plumeria flowers floating on the surface. The lighting is soft and golden, creating a relaxing and luxurious atmosphere.

Wellness & Fitness

Discover balance and rejuvenation at Talise Wellness & Fitness. Immerse yourself in serene surroundings where holistic treatments, expert therapies, and state-of-the-art fitness facilities inspire wellbeing. From soothing spa rituals to energising workouts, every experience is designed to restore harmony, vitality, and inner peace during your island escape.

Scan below to find out more:





Sound Healing

Experience deep relaxation and inner harmony with our immersive Sound Healing Session. This holistic therapy uses the soothing vibrations of Tibetan bowls, gongs and other therapeutic instruments to calm the mind, balance energy, and promote emotional and physical wellbeing.

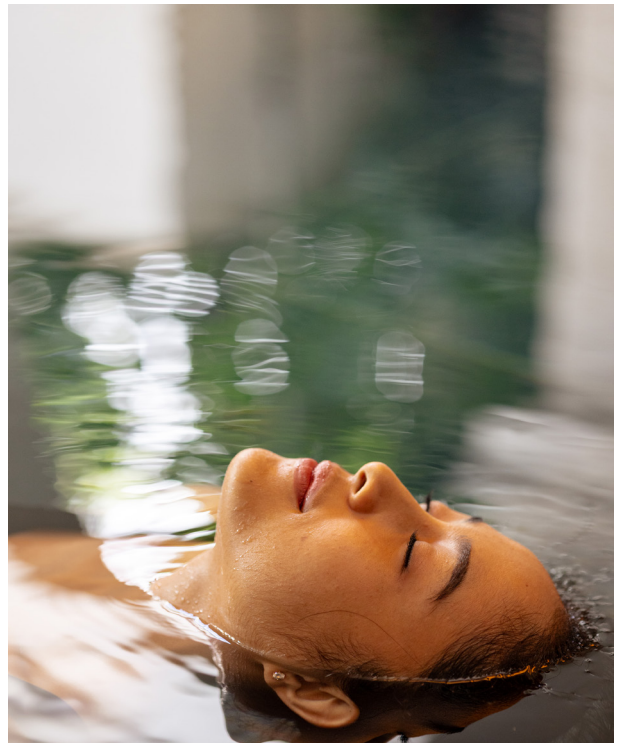
LOCATION:	Talise Spa Studio 2
TIME:	From 09:00 to 10:00 on Tuesdays
RATE:	AED 200

Aqua Yoga

Immerse yourself in serenity with our Aqua Yoga class, a unique fusion of gentle yoga and the soothing properties of water. Set in our tranquil, temperature-controlled pool, this low-impact, full-body experience promotes flexibility, balance, and deep relaxation.

Perfect for all fitness levels, this class offers a rejuvenating start to your day amidst an atmosphere of calm and elegance.

LOCATION:	Adult Pool
TIME:	Every Sunday from 09:00 to 09:45
DURATION:	45 minutes
RATE:	AED 125





Hatha Yoga

A gentle, slow-paced style of yoga that emphasises physical postures and breathing techniques to improve strength, flexibility, and balance.

LOCATION: Talise Fitness
TIME: Every Thursday 18:00 to 19:00
DURATION: 60 minutes



Cardio Blast

Join our high-energy Cardio Blast class for an intense cardio workout that will get your heart pumping and boost your endurance. Featuring dynamic movements like burpees, jumps, squats, and more, this class is designed to challenge you and burn calories.

Perfect for anyone looking to elevate their fitness and enjoy a fun, energetic session.

LOCATION: Talise Fitness
TIME: Every Friday 17:00 to 18:00
DURATION: 60 minutes
RATE: AED 150

Gym Class Schedule

Monday

60 min

TIMING	ACTIVITY	TRAINER	AGE	PRICE	LOCATION
08:00 to 09:00	Boxing Club	Vadym	18+	AED125	Gym studio
9:30 to 10:30	Satyananda	Shashi	18+	AED125	Gym studio
12:30 to 13:30	Warrior Flow	Shashi	18+	Complimentary	Gym studio
17:00 to 18:00	Strong Mode	Vadym	18+	Complimentary	Gym studio
17:00 to 18:00	Stretch	Shashi	18+	AED125	Gym studio

Tuesday

60 min

TIMING	ACTIVITY	TRAINER	AGE	PRICE	LOCATION
8:30 to 9:15	Aqua Yoga (45 min)	Shashi	18+	Complimentary	Adult pool
9:30 to 10:30	Strong Mode	Vadym	18+	Complimentary	Gym studio
12:30 to 13:30	Satyananda	Shashi	18+	Complimentary	Gym studio
17:00 to 18:00	The Challenge	Vadym	18+	AED125	Gym studio
17:30 to 18:30	Sunset Flow	Shashi	18+	AED125	Beach

For reservations or to view the full schedule of daily activities, please use our e-Butler service.

Gym Class Schedule

Wednesday

60 min

TIMING	ACTIVITY	TRAINER	AGE	PRICE	LOCATION
9:30 to 10:30	Hatha Yoga	Shashi	18+	AED125	Gym studio
12:30 to 13:30	Pranayama & Breathwok	Shashi	18+	Complimentary	Gym studio
18:30 to 19:30	Mobility	Shashi	18+	AED125	Gym studio

Thursday

60 min

TIMING	ACTIVITY	TRAINER	AGE	PRICE	LOCATION
8:15 to 9:00	Aquafit (45 min)	Tarek/Vadym	18+	AED125	Adult pool
8:00 to 9:00	Stretch	Shashi	18+	AED125	Gym studio
12:30 to 13:30	Restorative Yin	Shashi	18+	Complimentary	Gym studio
15:00 to 16:00	Functional Edge	Vadym	18+	Complimentary	Gym studio
17:00 to 18:00	Hatha Yoga	Shashi	18+	AED125	Gym studio

Friday

60 min

TIMING	ACTIVITY	TRAINER	AGE	PRICE	LOCATION
8:30 to 9:15	Strong Mode	Vadym	18+	AED125	Gym studio
17:00 to 18:00	Boxing Club	Vadym	18+	Complimentary	Gym studio

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Gym Class Schedule

Saturday

60 min

TIMING	ACTIVITY	TRAINER	AGE	PRICE	LOCATION
7:15 to 09:00	Aquafit (105 min)	Tarek/Vadym	18+	AED125	Adult pool
15:00 to 16:00	HIIT Challenge	Vadym	18+	Complimentary	Gym studio
18:30 to 19:30	Functional Edge	Vadym	18+	Complimentary	Gym studio

Sunday

60 min

TIMING	ACTIVITY	TRAINER	AGE	PRICE	LOCATION
09:30 to 10:45	Warrior Flow	Shashi	18+	AED125	Adult pool
12:30 to 13:30	Yoga Nidra	Shashi	18+	Complimentary	Gym studio
17:00 to 17:45	Sound Healing	Shashi	18+	AED200	Studio 2
18:30 to 19:30	Restorative Yin	Shashi	18+	AED125	Gym studio

CLASS BOOKING INFORMATION

Please note that the class schedule may vary during special events and public holidays.

Bookings are required for all sessions

To ensure a smooth and safe experience, we kindly ask that you arrive at least five minutes before the class begins

Cancellations must be made at least 12 hours in advance to avoid applicable fees.

A young girl and a young boy are building a large sandcastle on a beach. The girl, on the left, is wearing a light blue swimsuit and is leaning over the sandcastle. The boy, on the right, is shirtless and is also leaning over the sandcastle. They are both focused on their work. The sandcastle is made of many small, cylindrical towers and is surrounded by sand. In the background, the ocean is visible with waves breaking. The sky is blue and clear.

Family & Kids' Adventures

Create cherished family memories at Jumeirah Saadiyat Island, where adventure and imagination come alive. Our dedicated kids' club, engaging activities, and fun-filled experiences inspire young explorers, while parents unwind in tranquil luxury. Every moment is designed for connection, laughter, and unforgettable island experiences for all ages.



FloatFit

Dive into a dynamic FloatFit HIIT experience that transforms your workout into an energising aquatic challenge. In just 30 minutes, enjoy high-intensity interval training on water that engages your core, builds strength, and enhances cardiovascular fitness through the natural resistance of the pool. Suitable for all fitness levels, FloatFit HIIT welcomes both seasoned enthusiasts and those beginning their wellness journey.

Participants must be at least 1.4 metres tall, confident swimmers, cleared for physical activity, and equipped with pool-appropriate gear.

Individual sessions are also available for those seeking a more personalised experience.

LOCATION:	Adult pool
TIME:	Every Wednesday, Thursday, Saturday and Sunday at 07:30
RATE:	AED 150

For reservations or to view the full schedule of daily activities, please use our e-Butler service.



SandArt: Taking home a piece of the resort

Come and make your resort souvenir with our sand art activity. Choose one of the shapes and decorate it with the variety of shells and colored stones. Finish your sand art by pouring the magic milk to solidify your creation. Have a swim or an ice-cream and come back after one hour to collect your mesmerising creation and take it home.

LOCATION:	Family pool pathway
TIME:	Daily, at 15:00
DURATION:	60 to 90 minutes
RATE:	AED 125

Kite Flying & Beach Games

Come and let your kite soar through the gentle sea breeze while the sun warms the shore, and enjoy the simple pleasures of family-friendly beach games that bring laughter and connection. Feel the sand beneath your feet, embrace the open sky, and create joyful memories together in a beautiful coastal setting.

LOCATION:	Front of the beach bar
TIME:	Daily, at 16:30
DURATION:	60 minutes



Kids’ Cinema

Immerse yourself in our enchanted kids’ cinema, where thrilling adventures unfold on the big screen and young imaginations are transported to worlds of hidden treasures and heroic quests.

Each story invites children to explore, dream, and discover the magic of adventure in a captivating and unforgettable setting.

LOCATION: Kids Club Outdoor on Mondays
and Saturday | Friday at the beach
TIME: Every Monday, Friday and Saturday at 18:15



Little Picasso

Let the resort’s breathtaking views come to life on canvas as young artists explore their creativity in a setting of natural beauty. Guided by inspiration from their surroundings, they will blend colours and patterns to create vibrant, one-of-a-kind paintings that capture the spirit of the landscape.

LOCATION: Kids Club
TIME: Daily, at 13:00
DURATION: 60 minutes
RATE: AED 125

For reservations or to view the full schedule of daily activities, please use our e-Butler service.



Create your memorable moments:

