

JULY 2025

Group Exercise Timetable at Jumeirah Beach Hotel

WELLNESS - STUDIO 1

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
07:00					Power Yoga Isha (50 mins)		
08:00				Chair Pilates Sara (50 mins)			
08:15	J Condition Hamza (45 mins)		Ashtanga Yoga Petra (50 mins)		J Condition Hamza (45 mins)		
08:30		Ashtanga Yoga Sonali (50 mins)					
09:00				Zumba Erick (50 mins)		Bootcamp Ivan (50 mins)	
09:30	Ashtanga Yoga Petra (50 mins)						
10:00		Mat Pilates Sara (60 mins)	Zumba Erick (50 mins)	Power Pilates Viki (60 mins)		Zumba Erick (50 mins)	
11:15			Chair Pilates Sara (60 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 Gabriella (50 mins)				
09:00					J Pump Hamza (60 mins)		Lift Rania (60 mins)
09:30	Stick Mobility Rania (50 mins)		Glutes & Abs Gabriella (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 (60 mins)		Gear Cycling Rania (60 mins)			
10:00							Gear Cycling Rania (60 mins)

REFORMER PILATES STUDIO

★ Paid Class AED 200

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
08:00		Reformer Pilates Sara (50 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

To pre-book classes, call 04 406 8872 or email mjreception@thejclub.com
Please remember to bring a towel and a mat (if required) and arrive atleast 5 minutes before class starts.

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Kids Group Exercise Timetable at Jumeirah Beach Hotel

HIGH IMPACT - STUDIO 2							
Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
09:00						Kids Yoga (5 -12Y) Erick (45 mins)	

- Core exercises build strength and stability in the midsection, improving posture, balance, and overall performance
- A mobility session enhances flexibility and joint range, promoting faster recovery and injury prevention
- Hypervolt sessions with theragun devices ease muscle tension, boost circulation and recovery

To pre-book classes, call 04 406 8872 or email info@thejclub.com
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Racket Sports Timetable at Jumeirah Beach Hotel / Al Qasr

TENNIS - JUMEIRAH AL QASR

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
20:00 - 22:00	ADVANCED		INTERMEDIATE				
	Adults Group AED 210		Adults Group AED 210				

PADEL - JUMEIRAH AL QASR

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
19:00 - 21:00	INTERMEDIATE						
	Adults Group AED 165						
20:00 - 22:00			INTERMEDIATE				
			Adults Group AED 165				

TENNIS - JUMEIRAH BEACH HOTEL

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
20:00 - 21:30			BEGINNER				
			Adults Group AED 160				

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 55 Adults 80	
15:30 - 17:00							FAMILY CLINIC INTERMEDIATE
							Mixed Group Kids 55 Adults 80
17:00 - 20:00	MENS CLINIC ADVANCED	MIXED CLINIC INTERMEDIATE		MENS CLINIC ADVANCED		MENS CLINIC ADVANCED	
	Adults Group AED 80	Adults Group AED 80		Adults Group AED 80		Adults Group AED 80	
18:00 - 21:00			MIXED CLINIC ADVANCED				
			Adults Group AED 80				

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.



Mouratoglou tennis center
+971 50 316 9180



Nikky Harrdine
+971 50 450 7762

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Recovery and Wellness Sessions at Jumeirah Beach Hotel

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
10:00	Core Mary Joy (15 mins)	Core Mary Joy (15 mins)	Core Mary Joy (15 mins)	Core Mary Joy (15 mins)			
12:30						Core Mary Joy (15 mins)	

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