NOVEMBER TIMETABLE

Group Exercise Timetable at Jumeirah Mina Al Salam

Cardio

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
07:00	J Condition (45 mins)						
08:15		Gear Cycling (50 mins)			Gear Cycling (50 mins)		
09:00	Zumba (50 mins)		Zumba (50 mins)	J Condition (45 mins)	Aqua Bike (50 mins)	Core (50 mins)	Zumba (50 mins)
09:15		Zumba Belly Dance (50 mins)					
09:30					Lift (50 mins)		
10:00				Core (50 mins)		J Condition (45 mins)	Aqua GX (50 mins)
10:15		Aqua GX (50 mins)					
10:30					Zumba (50 mins)		
16:00							Zumba (50 mins)
17:00	Cycling (45 mins)	Glutes and Core (45 mins)	Cycling (45 mins)				
17:15				Glutes and Core (45 mins)			
18:00	Lift (45 mins)	Burn (45 mins)	Lift (45 mins)				
18:15				Burn (45 mins)			
19:00			Zumba (50 mins)				

Body & Mind

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
07:00			Yogalates (50 mins)	Vinyasa Yoga (50 mins)			
08:00	Yin Yoga (50 mins)		Vinyasa Yoga (50 mins)			Vinyasa Yoga (50 mins)	
10:00	Power Pilates (50 mins)		Power Pilates (50 mins)				
11:00	Sound and Stretch (50 mins)		Sound and Stretch (45 mins)				
19:00	Vinyasa Yoga (50 mins)			Vinyasa Yoga (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

Please remember to bring a towel and a mat (if required) and arrive at least 5 minutes before the class starts.
To pre-book classes, contact our team on WhatsApp:

NOVEMBER TIMETABLE

Group Exercise Timetable at Jumeirah Mina Al Salam

Cycling Studio - Studio 3

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
07:00		HITT Pilates (45 mins)					

Racquet Sports Timetable at Jumeirah Al Qasr / Jumeirah Beach Hotel

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			MENS 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
+971 58 572 4937

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.

Please remember to bring a towel and a mat (if required) and arrive at least 5 minutes before the class starts.
To pre-book classes, contact our team on WhatsApp:

NOVEMBER TIMETABLE

Group Class Description at Jumeirah Mina Al Salam

Bootcamp

A high-intensity class designed to challenge endurance and strength. Combines functional movement, agility, and cardiovascular training to energise and empower.

LIFT

A strength-based class built around tempo and form. Focused on muscular endurance and core activation with refined technique.

Gear

A rhythm-driven cycling session built around power intervals and athletic flow. Distinct from traditional RPM formats, offering a fresh take on indoor riding.

Zumba

A joyful dance-based workout blending Latin-inspired moves with high-energy music. Boosts cardio, coordination, and mood in a vibrant setting.

Power plate

An efficient full-body session that harnesses vibration technology to elevate strength, flexibility, and overall wellbeing.

J Condition

J Club's signature circuit class combining strength, cardio, and functional training for a full-body workout that boosts endurance and overall fitness.

Boxfit

A boxing-inspired fitness class combining interval, circuit, and functional training. Builds endurance and teaches fundamental boxing techniques while boosting cardio performance.

J Pump

A barbell-based workout focused on high-rep strength training to tone, build endurance, and leave you feeling energised.

Stick Mobility

A mobility-focused class using resistance sticks to enhance posture, range, and control. Supports deeper movement and structural alignment.

Meditation and Breathwork

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

Vinyasa Yoga

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.

Hatha Yoga

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.

Ashtanga Yoga

A dynamic sequence rooted in traditional breath-led movement. Builds resilience, flexibility, and inner focus through structured postural flow.

Mat Pilates (50 min)

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.

Reformer Pilates

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.

Yogalates

A combination of flowing yoga poses that focuses on body awareness through controlled core movements connected through breath.

Glutes & Core

A targeted session designed to strengthen and sculpt the glutes and core. Builds stability, balance, and a refined physique.

Burn

A focused cardiovascular session designed to increase heart rate and burn calories effectively in a time-efficient format.

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