

# FEBRUARY 2026

## Group Exercise Timetable at Jumeirah Mina Al Salam

### CARDIO

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
06:00			Virtual LesMills RPM (45 mins)				
07:00	J Condition Hamza (45 mins)		J Strength Paula (45 mins)		J Strength Paula (45 mins)		
07:30	Running Club J Club Coach (30 mins)						
08:15		Gear Cycling Greg (50 mins)			Gear Cycling Greg (50 mins)		
09:00			Zumba Erick (50 mins)	BodyPump Hamza (45 mins)	Aqua Bike Erik (50 mins)	Core Hamza (50 mins)	Zumba Erick (50 mins)
09:15	Zumba Erick (50 mins)	Zumba Belly Dance Erick (50 mins)					
09:30					Lift Rania (50 mins)		
10:00				Core Hamza (50 mins)		J Condition Hamza (45 mins)	Aqua GX Erick (50 mins)
10:15	Aqua Bike Erick (50 mins)	Aqua GX Erick (50 mins)					
10:30					Zumba Erick (50 mins)		
16:00							Zumba Erick (50 mins)
17:00	BodyPump Enrique (50 mins)						
17:30		Bootcamp Aurelie (45 mins)	Stick Mobility Aurelie (45 mins)				
18:00	Core Majid (50 mins)			Lift Aurelie (50 mins)			
18:30		Active Stretch and Mobility Aurelie (45 mins)	J Condition Aurelie (45 mins)		Virtual BodyBalance (60 mins)		
19:00			Zumba Erick (50 mins)				
19:30		Core Aurelie (50 mins)					

### BODY & MIND

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
07:00				Vinyasa Yoga Isha (50 mins)			
08:00	Hatha Yoga Petra (50 mins)		Vinyasa Yoga Isha (50 mins)			Vinyasa Yoga Isha (50 mins)	
10:00			Ashtanga Yoga Petra (60 mins)				
19:00	Vinyasa Yoga Isha (50 mins)			Vinyasa Yoga Isha (50 mins)			

### SHAPE / CONDITIONING

★ Paid Class AED 200

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
07:00		HITT Pilates Nadiia (45 mins)					
08:00							
09:00	Reformer Pilates Dilia (45 mins) ★				Reformer Pilates Fiona (45 mins) ★		
10:15	Power Pilates Victoria (60 mins)						
10:30							Power Pilates Vicky (50 mins)
19:30		Power Pilates Ruta (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 04 366 6821 or email [mjreception@thejclub.com](mailto:mjreception@thejclub.com)

Please remember to bring a towel and a mat (if required) and arrive at least 5 minutes before class starts.

# FEBRUARY 2026

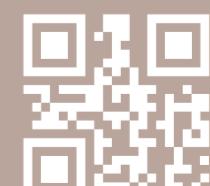
Racket Sports Timetable at Jumeirah Al Qasr / Jumeirah Beach Hotel

SQUASH WITH NIKKY HARRDINE - JUMEIRAH BEACH HOTEL							
Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
14:30 - 16:00						<b>FAMILY CLINIC INTERMEDIATE</b>	
						<b>Mixed Group</b> Kids 60   Adults 80	
15:30 - 17:00							<b>FAMILY CLINIC INTERMEDIATE</b>
							<b>Mixed Group</b> Kids 60   Adults 80
17:00 - 20:00	<b>MENS CLINIC ADVANCED</b>	<b>MIXED CLINIC INTERMEDIATE</b>		<b>MENS CLINIC ADVANCED</b>		<b>MENS CLINIC ADVANCED</b>	
	<b>Adults Group</b> AED 80	<b>Adults Group</b> AED 80		<b>Adults Group</b> AED 80		<b>Adults Group</b> AED 80	
18:00 - 21:00			<b>MIXED CLINIC ADVANCED</b>				
			<b>Adults Group</b> 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.



Nikky Harrdine  
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# FEBRUARY 2026

## Recovery and Wellness Sessions at Jumeirah Mina Al Salam

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
10:00		VO2 Health Assessment Miguel (30 mins)					
10:30			VO2 Health Assessment Miguel (30 mins)				Mobility Miguel (15 mins)
13:00			VO2 Health Assessment Danica (30 mins)		VO2 Health Assessment Danica (30 mins)		
15:00						VO2 Health Assessment Lucia (30 mins)	
17:00	VO2 Health Assessment Lucia (30 mins)	Power Plate Core Lucia (15 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

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Please remember to bring a towel and a mat (if required) and arrive atleast 5 minutes before class starts.

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## 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.

### J STRENGTH

J Strength all encompassing workout combining, high intensity interval training and functional movement using a verity of weight training and equipment.

### POWER PLATE CORE

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

### LES MILLS VIRTUAL RPM

A virtual indoor cycling experience set to powerful music. Delivers a rhythm-driven, cinematic workout that challenges stamina and cardiovascular performance.

### LIFT

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

### ZUMBA

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

### ZUMBA BELLY

A playful take on Zumba with belly dance-inspired movements. Combines Latin rhythms with core-focused motion for a confidence-boosting workout.

### GEAR CYCLING

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

### AQUA BIKE

An energising aquatic cycling session combining cardio and resistance in a joint-friendly, low-impact environment. Ideal for recovery, circulation, and fat burning.

### 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.

### 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.

### STICK MOBILITY

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

### AQUA GX

A dynamic group workout in the water that builds strength, endurance, and balance while being gentle on the joints.

### 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.

### VO2 MAX ASSESSMENT

Discover your true fitness potential with our VO<sub>2</sub> Max Performance Assessment, a professional cycling-based test that measures your body's ability to use oxygen during exercise the gold standard of endurance and cardiovascular performance

### 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.

### 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.

### POWER PLATE (15 MIN EXPRESS CORE)

A fast, full-body vibration workout designed to boost strength, balance, and circulation in just 15 minutes. Perfect for all fitness levels quick, effective, and energizing.

### ACTIVE STRETCH & MOBILITY (45 MIN)

A fast, full-body vibration workout designed to boost strength, balance, and circulation in just 15 minutes. Perfect for all fitness levels quick, effective, and energizing.