

Movement Timetable

FEBRUARY 2026

T A L I S E

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Reformer Pilates Pilates Studio 8:30 - 9:15 (Mixed) 9:30 - 10:15 (Female only)		Reformer Pilates Pilates Studio 8:30 - 9:15 (Mixed) 9:30 - 10:15 (Female only)		Reformer Pilates Pilates Studio 9:30 - 10:15	
	Ashtanga Yoga Beach by Celeste Pool, Jumeirah Al Qasr 10:00 - 11:00		Power Yoga Beach by Celeste Pool, Jumeirah Al Qasr 10:00 - 11:00		Yin Yoga Yoga Garden 10:00 - 11:00	Detox Yoga Yoga Garden 10:00 - 11:00
		Sound Healing Meditation Yoga Garden 11:15 - 12:00		Yoga Nidra Meditation Yoga Garden 11:15 - 12:00		
	Yin Yoga Yoga Garden 17:30 - 18:30	Yoga for Posture and Alignment Yoga Garden 17:30 - 18:30	Red Light Yoga and Breathwork Yoga Garden 17:30 - 18:30	Power Yoga Beach by Celeste Pool, Jumeirah Al Qasr 17:30 - 18:30	Sunset Yoga Beach by Celeste Pool, Jumeirah Al Qasr 17:30 - 18:30	Hatha Yoga Beach by Celeste Pool, Jumeirah Al Qasr 17:30 - 18:30
		Reformer Pilates Pilates Studio 19:00 - 19:45				

Sunset Yoga

Let the transformative power of nature guide your practice, as sun and sea steady your breath and clear your mind.

Yin Yoga

A relaxing slow-paced style with postures that are held for longer periods of time, working on connective tissues to improve circulation in joints.

Detox Yoga

A flowing yoga using different asanas to support detoxifications, particularly twist and bends to stimulate our organs.

Yoga for Posture and Alignment

Improve body awareness and alignment with focused yoga techniques designed to correct posture, alleviate back pain and prevent injury.

Yoga Nidra

Yoga Nidra is a guided meditation designed to bring deep rest and clarity. It helps to relieve fatigue and tensions perfect for guests seeking balance during travel.

Power Yoga

An energetic practice where breath and movement unite to build strength, endurance and vitality. Each session leaves you empowered and invigorated.

Hatha Yoga

Hatha Yoga unites gentle movement and mindful breathing to support flexibility, strength and inner calm, suitable for all levels.

Red Light Yoga and Breathwork

A gentle flow on advanced red-light mats, combining red and near-infrared light to enhance circulation, support recovery and promote cellular renewal.

Price: AED 250 per person

(Advanced booking is required)

Sound Healing Meditation

A full-body experience combining meditation with healing vibrations of singing and crystal bowls, releasing tension and restoring mind and body.

Price: AED 75 per person

Reformer Pilates

Unlock the mind-body connection with Neuro Pilates, blending Pilates and neuroscience to enhance strength, focus and overall wellbeing.

Full Moon Yoga on the Beach

Experience the calm of full moon yoga, guided by the sea's gentle rhythm, overlooking Jumeirah Burj Al Arab, with a complimentary Rumi Earth mat to extend your practice.

Date: Tuesday, 3 February 2026

Time: 19:30 onwards

Price: AED 300 per person

Ashtanga Yoga

A dynamic, breath-led practice where movement flows through a structured sequence of postures building strength, mobility and a calm, focused mind.

Group Yoga Price List

Group Class: AED 95 per session

Sound Healing Meditation and Yoga Nidra: AED 75 per session

Group Class Package - 10 sessions: AED 855

Unlimited Yoga Group Class Package: AED 1,100 per month

J Club Members: AED 60 per class

Red Light Yoga: AED 250 per session

Reformer Pilates Price List

Reformer Pilates Group Class: AED 250

Group Class Package, 10 sessions: AED 2500

*Valid for 6 weeks from the day of the 1st class

Pilates Private Class: Starting from AED 500 per session (classes available upon request)

*Valid for 6 weeks from the day of the 1st class.

Maximum capacity per group class is 4 guests.

Advance booking is required.

For more information and reservation, please contact:

+971 4 366 6818 or email mjtalise@jumeirah.com