

Group Exercise Timetable at Jumeirah Mina Al Salam



Cardio							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
07:00	J Condition Hamza (45 mins)						
08:15		Gear Cycling Greg (50 mins)			Gear Cycling Greg (50 mins)		
09:00	Zumba Erick (50 mins)		Zumba Erick (50 mins)	J Condition Hamza (45 mins)	Aqua Bike Erik (50 mins)	Core Hamza (50 mins)	Zumba Erick (50 mins)
09:15		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 GX Erick (50 mins)					
10:30					Zumba Erick (50 mins)		
16:00							Zumba Erick (50 mins)
17:00	Core Majid (45 mins)	Glutes and Core Ramzy (45 mins)	Core Majid (45 mins)	Glutes and Core Ramzy (45 mins)			
18:00	J Condition Majid (45 mins)	Burn Ramzy (45 mins)	J Condition Majid (45 mins)	Burn Ramzy (45 mins)			
19:00			Zumba Erick (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)	
19:00	Vinyasa Yoga Isha (50 mins)			Vinyasa Yoga Isha (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:



Group Exercise Timetable at Jumeirah Mina Al Salam



Shape / Conditioning ★ Paid Class AED 200							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
07:00		HITT Pilates Nadiia (45 mins)					


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						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			MIXED CLINIC ADVANCED Adults Group AED 85				


Cardio
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Body & Mind
Release stress, improve flexibility and strengthen your core

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by Tipsarević
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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.

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Group Class Description at Jumeirah Mina Al Salam



<p>Bootcamp</p> <p>A high-intensity class designed to challenge endurance and strength. Combines functional movement, agility, and cardiovascular training to energise and empower.</p>	<p>LIFT</p> <p>A strength-based class built around tempo and form. Focuses on muscular endurance and core activation with refined technique.</p>	<p>Gear</p> <p>A rhythm-driven cycling session built around power intervals and athletic flow. Distinct from traditional RPM formats, offering a fresh take on indoor riding.</p>
<p>Zumba</p> <p>A joyful dance-based workout blending Latin-inspired moves with high-energy music. Boosts cardio, coordination, and mood in a vibrant setting.</p>	<p>Power plate</p> <p>An efficient full-body session that harnesses vibration technology to elevate strength, flexibility, and overall wellbeing.</p>	<p>J Condition</p> <p>J Club's signature circuit class combining strength, cardio, and functional training for a full-body workout that boosts endurance and overall fitness.</p>
<p>Boxfit</p> <p>A boxing-inspired fitness class combining interval, circuit, and functional training. Builds endurance and teaches fundamental boxing techniques while boosting cardio performance.</p>	<p>J Pump</p> <p>A barbell-based workout focused on high-rep strength training to tone, build endurance, and leave you feeling energised.</p>	<p>Stick Mobility</p> <p>A mobility-focused class using resistance sticks to enhance posture, range, and control. Supports deeper movement and structural alignment.</p>
<p>Meditation and breathwork</p> <p>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.</p>	<p>Vinyasa Yoga</p> <p>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.</p>	<p>Hatha Yoga</p> <p>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.</p>
<p>Ashtanga Yoga</p> <p>A dynamic sequence rooted in traditional breath-led movement. Builds resilience, flexibility, and inner focus through structured postural flow.</p>	<p>Mat Pilates (50 min)</p> <p>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.</p>	<p>Reformer Pilates</p> <p>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.</p>
<p>Chair Pilates</p> <p>A graceful Pilates session using a chair for support and alignment. Enhances posture, flexibility, and mind-body connection in an accessible format.</p>	<p>Glutes & Core</p> <p>A targeted session designed to strengthen and sculpt the glutes and core. Builds stability, balance, and a refined physique.</p>	<p>Burn</p> <p>A focused cardiovascular session designed to increase heart rate and burn calories effectively in a time-efficient format.</p>

<p>Cardio Improve your cardiovascular system and burn calories</p>	<p>Body & Mind Release stress, improve flexibility and strengthen your core</p>	<p>Shape/Conditioning Sculpt and strengthen your muscles and change the shape of your body</p>
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