

JUMEIRAH

MESSILAH BEACH

SPORTS AND LEISURE ADULTS' ACTIVITIES - NOVEMBER 2025

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
08:00 - 08:45							
09:00 - 09:45			TABATA Hussien		PILATES REFORMER - Cardio Studio Group A Batool From 9:00 to 9:30 Group B From 9:30 to 10:00	MOBILITY Mosi	STRETCHING & FLEXIBILITY Mosi
10:00-10:45		BARRE SCULPT (LADIES ONLY) Mosi		DUMBBELL WORKOUT Hussien	YOGA - CREW LOUNGE Batool	BARRE SCULPT (MIX) Mosi	TABATA Mosi
11:00-11:45			MAT PILATES - CREW LOUNGE Batool				
12:00 - 12:45							
13:00 - 13:45							
14:00 - 14:45							
15:00 - 15:45							
16:00 - 16:45							
17:00 - 17:45	PILATES REFORMER - Cardio Studio Batool	FUNCTIONAL FITNESS ILORI	SPINNING Mosi	MILITARY BOOTCAMP Mosi	WORKOUT OF THE DAY ILORI	STRETCHING & COORDINATION ILORI	LOWER BODY BLAST ILORI
18:00 - 18:45	WORKOUT OF THE DAY ILORI		SPINNING Mosi	MAT PILATES - OUTDOOR Batool			
19:00 - 19:45				YOGA - OUTDOOR Batool			

Kindly note the following:

- Booking your classes in advance is always required. Our team at the Health Club reception will be more than happy to assist you.
- The class will be cancelled after 15-minute from its starting time in case nobody shows up.
- A minimum number of 2 participants is required to run the class.
- Class timing is subject to change or cancel based on the weather conditions.

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MESSILAH BEACH

SPORTS AND LEISURE KIDS' ACTIVITIES - NOVEMBER 2025

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 - 10:45							
11:00-11:45						COLORING	MUSICAL CHAIR
12:00-12:45							
13:00 - 13:45						MANDALA ARTS	COLORING
14:00 - 14:45							
15:00 - 15:45	BOARD GAMES	SOFT ARCHERY	COLORING	MEMORY GAMES	COLORING	BOARD GAMES	LEGO BUILDER
16:00 - 16:45							
17:00 - 17:45	COLORING	ORIGAMI	PLAY DOUGH	COLORING	LEGO BUILDER	ORIGAMI	FOLLOW THE COLOR
18:00 - 18:45							
19:00 - 19:45	LEGO BUILDER	KITCHEN PLAY	MUSICAL CHAIR	FOLLOW THE COLOR	PLAY DOUGH	SOFT ARCHERY	ORIGAMI

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