

# SEPTEMBER 2025

## 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	Bootcamp Hamza (45 mins)		J Strength Mahsa (45 mins)		Virtual LesMills BodyPump (45 mins )		
08:15		Gear Cycling Greg (50 mins)			Gear Cycling Greg (50 mins)		
09:00			Zumba Erick (50 mins)	BodyPump Hamza (45 mins)	Aqua GX 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 (60 mins)		
10:00				RPM 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	BodyCombat Sarah (50 mins)			BodyCombat Aurelie (50 mins)			
18:30		Mobility Aurelie (45 mins)	Zumba Erick (50 mins)		Virtual BodyBalance (60 mins )		
19:00		Aqua Bike Erick (50 mins)					
19:30			Virtual LesMills BodyPump (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)			

SHAPE / CONDITIONING							
Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
07:00		HITT Pilates Nadiia ( 50 mins )					
08:00	Reformer Pilates Dilia (45 mins)		Reformer Pilates Dilia (50 mins)		Reformer Pilates Nadiia (50 mins)		
08:30		Reformer Pilates Nadiia (50 mins)		Reformer Pilates Scarlette (45 mins)			
09:00			Reformer Pilates Dilia (50 mins)				
09:30		Reformer Pilates Nadiia (50 mins)					Reformer Pilates Vicky (50 mins)
10:00			Reformer Pilates Dilia (50 mins)				
10:15	Power Pilates Victoria (60 mins)						
10:30		Reformer Pilates Nadiia (50 mins)					Power Pilates Vicky (50 mins)
11:30	Reformer Pilates Dilia (45 mins)						
18:00				Reformer Pilates Clare (50 mins)			
18:30		Reformer Pilates Ruta (50 mins)					
19:00				Reformer Pilates Clare (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 atleast 5 minutes before class starts.



# SEPTEMBER 2025

## Racket Sports Timetable at Jumeirah Al Qasr / Jumeirah Beach Hotel

### TENNIS - JUMEIRAH AL QASR

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
20:00 - 22:00	ADVANCED		INTERMEDIATE				
	Adults Group AED 210		Adults Group AED 210				

### PADEL - JUMEIRAH AL QASR

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
19:00 - 21:00	INTERMEDIATE						
	Adults Group AED 165						
20:00 - 22:00			INTERMEDIATE				
			Adults Group AED 165				

### TENNIS - JUMEIRAH BEACH HOTEL

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
20:00 - 21:30			BEGINNER				
			Adults Group AED 160				

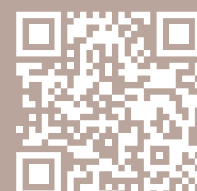
### SQUASH WITH NIKKY HARRDINE - JUMEIRAH BEACH HOTEL

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
14:30 - 16:00						FAMILY CLINIC INTERMEDIATE	
						Mixed Group Kids 55   Adults 80	
15:30 - 17:00							FAMILY CLINIC INTERMEDIATE
							Mixed Group Kids 55   Adults 80
17:00 - 20:00	MENS CLINIC ADVANCED	MIXED CLINIC INTERMEDIATE		MENS CLINIC ADVANCED		MENS CLINIC ADVANCED	
	Adults Group AED 80	Adults Group AED 80		Adults Group AED 80		Adults Group AED 80	
18:00 - 21:00			MIXED CLINIC ADVANCED				
			Adults Group AED 80				

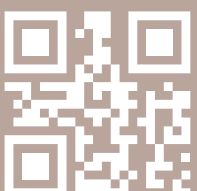
Advance booking required

Individual sessions are available; please coordinate directly with our trainers to arrange your appointments.

Kindly arrive at least 5-min before class starts.



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# SEPTEMBER 2025

## Recovery and Wellness Sessions at Jumeirah Mina Al Salam

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
09:00	Hypervolt Miguel (15 mins)				Mobility Miguel (15 mins)		
10:00						Mobility Miguel (15 mins)	Hypervolt Miguel (15 mins)
17:00	Core Lucia (15 mins)	Core Lucia (15 mins)			Core Lucia (15 mins)	Hypervolt 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.

### LES MILLS BODYCOMBAT

An explosive cardio workout inspired by martial arts. Kick, punch, and strike your way through a full-body challenge that builds strength and stamina.

### LES MILLS BODYPUMP

A full-body barbell workout focused on endurance through high-rep weight training. Tones, strengthens, and redefines with rhythm and precision.

### RPM CYCLING

An energised indoor cycling session that boosts endurance, burns calories, and powers lower-body strength—set to motivating music.

### 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

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.

### BOXFIT

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

### 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.

### YOGA (SLOW FLOW)

A restorative yoga flow that moves with intention. Focuses on breath, posture, and alignment to create space, release tension, and balance the body and mind.

### 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.

### MOBILITY (15 MIN)

A concise, functional session aimed at improving joint range of motion and athletic performance. Ideal before class or as active recovery.

### 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.

### CHAIR PILATES

A graceful Pilates session using a chair for support and alignment. Enhances posture, flexibility, and mind-body connection in an accessible format.

### 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.

### BURN

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

### GLUTES & CORE

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