

OCTOBER 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 Paula (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 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 (60 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				Lift Aurelie (60 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)			Vinyasa Yoga Isha (50 mins)			

SHAPE / CONDITIONING							
Lifestyle Members Only							
Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
07:00		HITT Pilates Nadiia (45 mins)					
08:00	Reformer Pilates Dilia (45 mins)		Reformer Pilates Dilia (45 mins)		Reformer Pilates Nadiia (45 mins)		
08:30		Reformer Pilates Nadiia (45 mins)		Reformer Pilates Vicky (45 mins)		Reformer Pilates Atra (45 mins) 	
09:00			Reformer Pilates Dilia (45 mins)				
09:30		Reformer Pilates Nadiia (45 mins)				Reformer Pilates Atra (45 mins) 	Reformer Pilates Vicky (50 mins)
10:00			Reformer Pilates Dilia (45 mins)				
10:15	Power Pilates Victoria (60 mins)						
10:30		Reformer Pilates Nadiia (45 mins)					Power Pilates Vicky (50 mins)
11:00	Reformer Pilates Dilia (45 mins)						
18:00				Reformer Pilates Esther (45 mins)			
18:30		Reformer Pilates Ruta (45 mins)					
19:00				Reformer Pilates Esther (45 mins)			
19:30		Power Pilates Ruta (45 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
Please remember to bring a towel and a mat (if required) and arrive atleast 5 minutes before class starts.

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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				

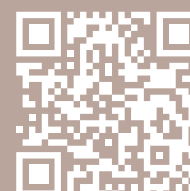
SQUASH WITH NIKKY HARRDINE - JUMEIRAH BEACH HOTEL

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				

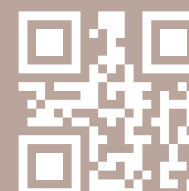
Advance booking required

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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Nikky Harrdine
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Recovery and Wellness Sessions at Jumeirah Mina Al Salam

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
15:00						VO2 Health Assessment Lucia (30 mins)	
17:00	VO2 Health Assessment Lucia (30 mins)	Power Plate Core Lucia (15 mins)			VO2 Health Assessment Lucia (30 mins)	VO2 Health Assessment Lucia (30 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 at least 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.

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

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.

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.

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.

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.