

DECEMBER 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	J Condition Hamza (45 mins)		J Strength Paula (45 mins)		J Strength Paula (45 mins)		
07:30	Running Club J Club Coach (30 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 (50 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	Core Majid (50 mins)			Lift Aurelie (50 mins)			
18:30		Active Stretch and Mobility Aurelie (45 mins)	J Condition Aurelie (45 mins)		Virtual BodyBalance (60 mins)		
19:00			Zumba Erick (50 mins)				
19:30		Core Aurelie (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 Demet (45 mins)			Reformer Pilates Esther (45 mins)			
18:30		Reformer Pilates Ruta (45 mins)					
19:00	Reformer Pilates Demet (45 mins)			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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Recovery and Wellness Sessions at Jumeirah Mina Al Salam

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
10:00		VO2 Health Assessment Miguel (30 mins)					
10:30			VO2 Health Assessment Miguel (30 mins)				Mobility Miguel (15 mins)
13:00			VO2 Health Assessment Danica (30 mins)		VO2 Health Assessment Danica (30 mins)		
15:00						VO2 Health Assessment Lucia (30 mins)	
17:00	VO2 Health Assessment Lucia (30 mins)	Power Plate Core 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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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.

J STRENGTH

J Strength all encompassing workout combining, high intensity interval training and functional movement using a variety of weight training and equipment.

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 CYCLING

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.

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.

VO2 MAX ASSESSMENT

Discover your true fitness potential with our VO₂ Max Performance Assessment, a professional cycling-based test that measures your body's ability to use oxygen during exercise the gold standard of endurance and cardiovascular performance

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.

POWER PLATE (15 MIN EXPRESS CORE)

A fast, full-body vibration workout designed to boost strength, balance, and circulation in just 15 minutes. Perfect for all fitness levels quick, effective, and energizing.

ACTIVE STRETCH & MOBILITY (45 MIN)

A fast, full-body vibration workout designed to boost strength, balance, and circulation in just 15 minutes. Perfect for all fitness levels quick, effective, and energizing.