

DECEMBER 2025

Group Exercise Timetable at Jumeirah Beach Hotel

WELLNESS - STUDIO 1							
Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
08:15			Hatha Yoga Petra (50 mins)				
08:30		Ashtanga Yoga Sonali (60 mins)					
09:00				Zumba Erick (50 mins)		Bootcamp Ahmed (50 mins)	
09:30	Hatha Yoga Petra (50 mins)						
10:00		Mat Pilates Sara (60 mins)		Power Pilates Viki (50 mins)		Zumba Erick (50 mins)	
10:15			Zumba Erick (50 mins)				
11:15			Chair Pilates Sara (50 mins)				Meditation Breath-work Ella (45 mins)
17:00	Zumba Erick (50 mins)		Zumba Erick (50 mins)				

HIGH IMPACT - STUDIO 2							
Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
08:30	Burn Rania (50 mins)		J Pump Gabriella (60 mins)				
09:00					J Pump Hamza (60 mins)		Lift Rania (60 mins)
09:30	Stick Mobility Rania (50 mins)		Glutes & Abs Gabriella (45 mins)				
09:45		Lift Rania (60 mins)		Boxfit Rania (60 mins)			

CYCLING STUDIO - STUDIO 3							
Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
08:30		Gear Cycling Rania (50 mins)		Gear Cycling Rania (60 mins)			
10:00							Gear Cycling Rania (60 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 04 406 8872 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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Group Exercise Timetable at Jumeirah Beach Hotel

OUTDOOR

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
07:00					Vinyasa Yoga Isha (50 mins) Run club Ivan (30 min)		
08:15	J Condition Hamza (45 mins)				J Condition Hamza (45 mins)		

REFORMER PILATES STUDIO

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
07:00	Reformer Pilates Sara (50 mins)	Reformer Pilates Livia (50 mins)					
08:00	Reformer Pilates Sara (50 mins)		Reformer Pilates Sara (50 mins)		Reformer Pilates Sara (50 mins)		
09:00	Reformer Pilates Sara (50 mins)	Reformer Pilates Sara (50 mins)	Reformer Pilates Sara (50 mins)	Reformer Pilates Sara (50 mins)	Reformer Pilates Sara (50 mins)		
10:00			Reformer Pilates Sara (50 mins)	Reformer Pilates Sara (50 mins)	Reformer Pilates Sara (50 mins)		
10:30	Reformer Pilates Sara (50 mins)						
11:00		Reformer Pilates Sara (50 mins)		Reformer Pilates Sara (50 mins)	Reformer Pilates Sara (50 mins)		
11:30	Reformer Pilates Sara (50 mins)					LIFESTYLE Reformer Pilates Atra (50 mins)	
12:00		LIFESTYLE Reformer Pilates Sara (50 mins)		LIFESTYLE Reformer Pilates Sara (50 mins)			Reformer Pilates Ruta (50 mins)
12:30						Reformer Pilates Atra (50 mins)	
13:00							LIFESTYLE Reformer Pilates Ruta (50 mins)
18:30			Reformer Pilates Livia (50 mins)				

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Kids Group Exercise Timetable at Jumeirah Beach Hotel

HIGH IMPACT - STUDIO 2							
Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
09:00						Kids - Fit & Box Erick (45 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

To pre-book classes, call 04 406 8872 or email info@thejclub.com
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Recovery and Wellness Sessions at Jumeirah Beach Hotel

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
8:00	Fitness Induction Ivan (30 mins)						
16:00		Fitness Induction Ivan (30 mins)		Power Plate Core Ivan (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

To pre-book classes, call 04 406 8872 or email info@thejclub.com
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Group Class Description at Jumeirah Beach Hotel

BOOTCAMP

A high-intensity class designed to challenge endurance and strength. Combines functional movement, agility, and cardiovascular training to energise and empower.

LIFT

A strength-based class built around tempo and form. Focuses on muscular endurance and core activation with refined technique.

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.

ZUMBA

A joyful dance-based workout blending Latin-inspired moves with high-energy music. Boosts cardio, coordination, and mood in a vibrant setting.

POWER PLATE

An efficient full-body session that harnesses vibration technology to elevate strength, flexibility, and overall wellbeing.

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.

BOXFIT

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

J PUMP

A barbell-based workout focused on high-rep strength training to tone, build endurance, and leave you feeling energised.

STICK MOBILITY

A mobility-focused class using resistance sticks to enhance posture, range, and control. Supports deeper movement and structural alignment.

MEDITATION AND BREATHWORK

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

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.

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.

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.

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.

GLUTES & CORE

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

BURN

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