

# Group Exercise Timetable at Jumeirah Beach Hotel



Wellness: Studio 1							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
07:00					Vinyasa Yoga Isha (50 mins)		
08:15	J Condition Hamza (45 mins)				J Condition Hamza (45 mins)		
08:30		Ashtanga Yoga Fabienne (60 mins)	Hatha Yoga Petra (50 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)
14:00	Core Mary Joy (30 mins)	Core Mary Joy (20 mins)					
17:00	Zumba Erick (50 mins)		Zumba Erick (50 mins)				
17:30				Stretch Mary Joy (30 mins)			

High Impact - Studio 2							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
08:30	Burn Rania (50 mins)		J Pump Ramzy (60 mins)				
09:00					J Pump Hamza (60 mins)		Lift Rania (60 mins)
09:30	Stick Mobility Rania (50 mins)		Glutes & Abs Ramzy (45 mins)				
09:45		Lift Rania (60 mins)		Boxfit Rania (60 mins)			

<b>Cardio</b> Improve your cardiovascular system and burn calories	<b>Body &amp; Mind</b> Release stress, improve flexibility and strengthen your core	<b>Shape/Conditioning</b> Sculpt and strengthen your muscles and change the shape of your body
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Please remember to bring a towel and a mat (if required) and arrive at least 5 minutes before the class starts.  
To pre-book classes, contact our team on WhatsApp:



# Group Exercise Timetable at Jumeirah Beach Hotel



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)

Reformer Pilates Studio							
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TIME	MON	TUE	WED	THU	FRI	SAT	SUN
13:00		Reformer Pilates ★ Eshter (50 mins)					

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

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 60   Adults 85	
15:30 - 17:00							FAMILY CLINIC INTERMEDIATE Mixed Group Kids 60   Adults 85
17:00 - 20:00	MENS CLINIC ADVANCED Adults Group AED 85	MIXED CLINIC INTERMEDIATE Adults Group AED 85		MENS CLINIC ADVANCED Adults Group AED 85		MENS CLINIC ADVANCED Adults Group AED 85	
18:00 - 21:00			MIXED CLINIC ADVANCED Adults Group AED 85				

**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

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by Tipsarević  
+971 58 572 4937

Nikky Harrdine  
+971 50 450 7762

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.

Please remember to bring a towel and a mat (if required) and arrive at least 5 minutes before the class starts.  
To pre-book classes, contact our team on WhatsApp:



# 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.

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Sculpt and strengthen your muscles and change the shape of your body

