

THE INNER CIRCLE

J CLUB MEMBERS NEWSLETTER
JUNE 2026





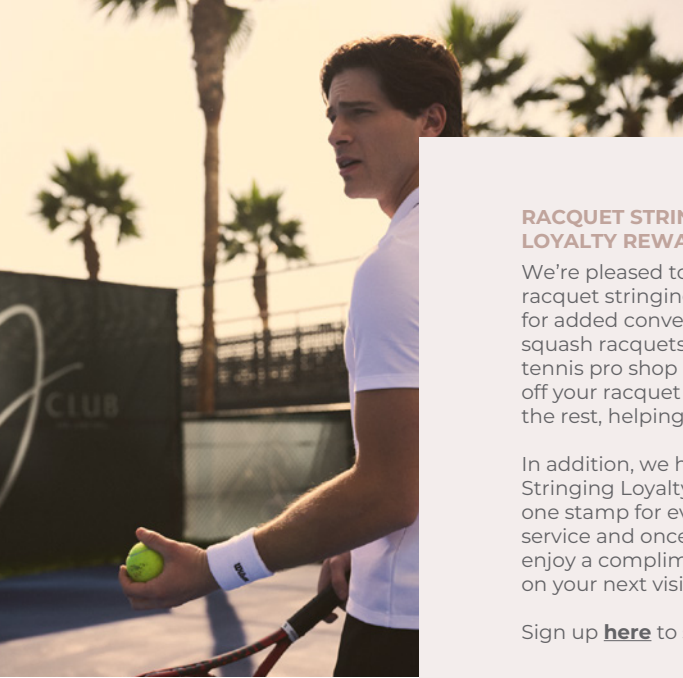
This June at J Club

As we move into June, we're pleased to introduce a new collection of curated activations and experiences designed to inspire balance, wellbeing, and restoration throughout the month. From energising movement sessions to mindful moments, each experience has been thoughtfully created to complement your lifestyle and support your journey. We will also be introducing renovations and enhancements to further elevate your experience at the club.

You'll also discover a range of exclusive offers across Jumeirah, giving you even more to enjoy during the summer season. We look forward to welcoming you into a space designed for relaxation, renewed focus, and everyday wellbeing.

PEDRO MARQUES
Director of Fitness

What's New



RACQUET STRINGING SERVICE LOYALTY REWARDS

We're pleased to introduce our new professional racquet stringing service, now available on-site for added convenience. Tennis, badminton, and squash racquets can now be restrung at the tennis pro shop at Jumeirah Al Qasr. Simply drop off your racquet and our team will take care of the rest, helping you stay game-ready with ease.

In addition, we have launched our Racquet Stringing Loyalty Rewards Programme. Receive one stamp for every paid racquet stringing service and once you've collected five stamps, enjoy a complimentary racquet stringing service on your next visit.

Sign up [here](#) to start earning rewards.

A SHARED RACQUETS EXPERIENCE

We are pleased to introduce the Racquets Guest Pass, a new lifestyle member benefit allowing members to bring family or friends to enjoy a racquets game with them at J Club.

From tennis and padel to squash, the pass offers members the opportunity to share time on court and enjoy the racquets experience together.

To arrange your guest pass, please connect with our team, who will be pleased to assist with your court access.



What's New



MOTORISED WATERSPORTS

This month, we are introducing an exciting new benefit for our lifestyle members in partnership with Beno Watersports. Members will soon have access to a range of motorised watersports experiences, from jet skiing to wakeboarding and more.

In addition, enjoy 35% off Beno yacht bookings throughout June. Keep an eye on the J Club app for more details and booking information coming soon.

ELEVATING THE REFORMER PILATES EXPERIENCE

The Reformer Pilates Studio at J Club, Jumeirah Mina Al Salam is currently being renovated as part of our continued commitment to elevating the member experience. The renovation will introduce a refreshed studio environment, designed to support a more refined and focused Reformer Pilates experience at J Club.

The studio enhancement is expected to be completed in early June.



NEW TECHNOGYM CARDIO EQUIPMENT ARRIVING IN JUNE

New Technogym cardio equipment will be replacing the current cardio machines at J Club, Jumeirah Beach Hotel in June, further enhancing the training experience on the gym floor.

This update will bring refreshed equipment and performance-led technology, offering members more comfort, variety and support throughout their fitness journey.

June Events

This June at J Club, discover a refreshed programme of experiences designed to support your wellbeing, movement, and recovery. Whether you're looking to recharge, stay active, or simply take time for yourself, there's something to suit every routine.

Secure your place through the J Club app.

RIDE TOGETHER

To celebrate World Bicycle Day, join us for an energising indoor cycling experience. Expect high-energy playlists, motivating coaching, and a powerful ride designed to challenge and inspire.

WEDNESDAY, 3 JUNE | 10:00
J CLUB, JUMEIRAH MINA AL SALAM



AN EVENING OF CONNECTION AT CALA VISTA

An exclusive evening for lifestyle members at Cala Vista, set within a refined waterfront setting.

The evening will feature a curated selection of drinks and canapés, creating a relaxed space for members to connect, share conversations and spend time with the J Club community. An invitation will be sent soon.

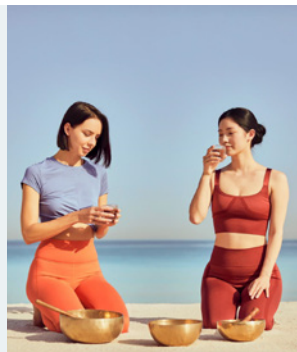
THURSDAY, 11 JUNE | 18:30
CALA VISTA, JUMEIRAH MINA AL SALAM

June Events

GLOBAL WELLNESS DAY

Celebrate Global Wellness Day with a rejuvenating morning of mindful movement, restorative rituals, and nourishing experiences. Enjoy a sunrise Mat Pilates session, light breakfast buffet, guided recovery experiences, calming hand massages, and refreshing hydration activations designed to restore balance to both body and mind.

SATURDAY, 13 JUNE | 6:30 - 10:00
JANAT AL BAHR, JUMEIRAH BEACH HOTEL



INTERNATIONAL YOGA DAY

To celebrate International Yoga Day, join us for a calming indoor yoga session designed to help you stretch, breathe, and reset. This mindful practice will leave you feeling balanced, refreshed, and re-energised. This will be followed by a complimentary consultation with Dr. Raqiba at Nova Clinic on stress management and wellbeing support.

SUNDAY, 21 JUNE | 11:00
J CLUB AND NOVA CLINIC,
JUMEIRAH MINA AL SALAM

Sign up for the yoga session via the J Club app, and book your consultation with Nova Clinic by contacting them [here](#).

IMMERSIVE YOGA

Step into a multi-sensory yoga experience where movement, breath, and digital art come together in one of Dubai's most atmospheric settings. This is more than a yoga class, it's a curated escape from routine, designed to reset the nervous system, elevate awareness, and leave you feeling both recharged and inspired.

DATE AND TIME TO BE CONFIRMED SOON
SOUK MADINAT JUMEIRAH

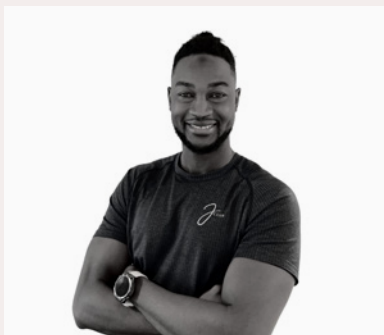


Trainer Spotlight

EBRIMA JARRA

Ebrima creates personalised programmes that support both physical performance and mindful balance. With a calm and encouraging coaching style, he helps clients build confidence, improve vitality, and achieve lasting lifestyle transformations through functional movement, nutrition, and recovery-focused training.

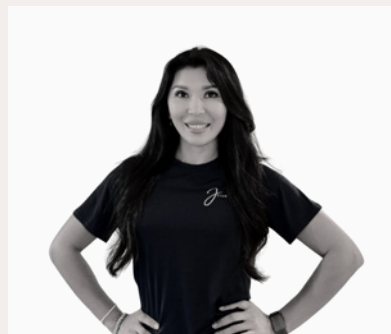
**FILL OUT THE
ASSESSMENT FORM
[HERE.](#)**



MIRA USONKANOVA

Mira's expertise helps create a supportive and empowering fitness experience for women at every stage of their wellness journey. Her training approach focuses on building strength, endurance, and confidence through mindful movement, helping clients achieve balanced, sustainable transformation in a motivating and uplifting environment.

**FILL OUT THE
ASSESSMENT FORM
[HERE.](#)**



Children Activities at Jumeirah Circle

JUMEIRAH BEACH HOTEL

This month, Jumeirah Circle invites little ones to take part in a thoughtfully curated programme of movement, creativity, and family-focused experiences. From Mini Yoga and Kids Stretching to a special Family Tree Making activity, each session is designed to encourage mindfulness, activity, and meaningful connection.

Across the programme, children can enjoy playful, hands-on moments that support confidence, coordination, and imagination, while families come together to create, learn, and share quality time together.



MINI YOGA

Join our Mini Yoga sessions for kids, designed to gently introduce little ones to movement, mindfulness, and balance in a fun and engaging way. Each class encourages flexibility, coordination, and calm through simple poses, playful guidance, and calming breathing exercises. Stretch, explore, and discover the joy of mindful movement with us.

WEDNESDAYS | 11:30
JUMEIRAH CIRCLE,
JUMEIRAH BEACH HOTEL



FAMILY TREE MAKING

Lifestyle members are invited to join a meaningful family activity, where parents and children can come together to create their own family tree. A thoughtful, hands-on session designed to spark creativity, encourage connection, and celebrate family bonds in a relaxed and welcoming setting.

TUESDAYS | 13:00
JUMEIRAH CIRCLE,
JUMEIRAH BEACH HOTEL

KIDS STRETCHING

Our Kids Stretching class encourages movement, flexibility, and coordination through simple, playful exercises in a relaxed and supportive environment. A great way for little ones to stay active, build confidence, and enjoy moving their bodies.

SUNDAYS | 11:30
JUMEIRAH CIRCLE,
JUMEIRAH BEACH HOTEL

View all activities available [here](#).

To find out more, contact Jumeirah Circle at JBHJumeirahCircle@jumeirah.com



Talise Spa

This June, Talise Spa, Madinat Jumeirah continues its Wellbeing Tea Talks series, offering intimate, expert-led conversations focused on modern approaches to vitality, balance, and long-term wellbeing.



WELLBEING TEA TALK: FEMALE HORMONES AND ENERGY

Hosted by Dr. Raqiba, head of Wellness at Nova Clinic at Jumeirah Mina Al Salam, this insightful session explores the role hormonal balance plays in energy, mood, metabolism, and overall vitality, with a focus on personalised wellbeing approaches.

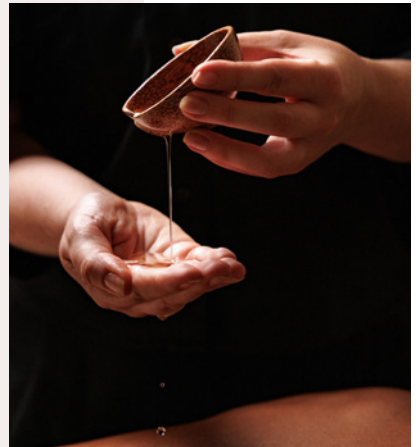
MONDAY, 15 JUNE | 11:00 - 11:45
TALISE SPA, MADINAT JUMEIRAH

MUSCLE RECOVERY BODY MASSAGE

Give your body the recovery it deserves with a bespoke 90-minute aromatherapy massage experience at Talise Spa, Jumeirah Beach Hotel. Thoughtfully designed to support muscle recovery and overall wellbeing, the treatment targets overworked areas to help release tension, reduce stiffness, and improve circulation.

This restorative experience leaves you feeling refreshed, rebalanced, and ready to perform at your best.

[Discover More](#)



To book, email Talise Spa at Jumeirah Al Qasr
mjtalise@jumeirah.com or call **+971 4 366 6818**

Nova Clinic

This month, J Club members can enjoy exclusive offers at Nova Clinic. Combining expert care with a personalised approach, the clinic offers advanced aesthetic, skin, and wellness treatments designed to support natural beauty, confidence, and overall wellbeing.



Hydra Facial + Add On (ZO, Mesofacial or SkinCeuticals)

AED 1,400

Morpheus Body

20% Off

Ozone Therapy

AED 1,699

Morpheus + ASCE Exosomes

AED 2,600

SkinPen + PDRN Facial

AED 2,500

Laser Bed + Cryotherapy + IV Drip (Mixed Vitamins)

AED 1,299

Tranex Glow

AED 1,260

IV Drip + Manual Release Massage (30 Minutes)

AED 1,199

Skin Boosters

15% OFF

CoolSculpting

AED 999 per applicator

Laser Hair Removal (excluding small areas)

20% OFF

Classic Full Body Package

AED 1,399

Nova Clinic

Discover tailored wellness programmes at Nova Clinic, designed to support recovery, performance, and long-term wellbeing through advanced medical and restorative therapies.



SHORT-TERM PROGRAMMES

1, 3, and 5-day programmes designed for recovery, stress support, and performance optimisation, combining therapies such as IV therapy, ozone therapy, EBOO, red light therapy, cryotherapy, lymphatic drainage, and peptide support.

LONG-TERM PROGRAMMES

1 and 3-month programmes offering deeper transformation through advanced diagnostics, medical consultations, NAD+ therapy, physiotherapy, and personalised wellness protocols.

FOCUSED WELLNESS PROGRAMMES

Targeted programmes including Anti-Stress & Sleep, Weight Optimisation, and Hair Loss Restoration, each designed to address specific wellbeing goals with a personalised clinical approach.

To book a consultation, visit the front desk in Nova Clinic at **Jumeirah Mina Al Salam** or reach out to the team on WhatsApp [here](#).

Savour the Season at Jumeirah



DHOW & ANCHOR CATCH THE SPORTS ACTION LIVE

Dhow & Anchor invites you to enjoy a relaxed gastropub experience with live sports screenings in a welcoming, family-friendly setting. From traditional British favourites to daily happy hour offers and the ever-popular Sunday Roast, it's the perfect destination for casual dining, drinks with friends, and game-day gatherings on the terrace.

[Discover More](#)

PEARL LOUNGE AFTERNOON TEA INDULGENCE

Indulge in a delightful Afternoon Tea at Pearl Lounge, where an exquisite selection of savoury bites and delicate pastries has been thoughtfully curated for you to enjoy. Paired with a choice of premium teas and coffees, it is a vibrant experience to savour with friends and family in an inviting setting.

[Discover More](#)



KAYTO NIKKEI NIGHTS

As evening falls over Jumeirah Al Naseem, enjoy a distinctive Nikkei dining experience at Kayto, where Japanese precision meets bold Peruvian flavours. Set against sweeping views of the Arabian Gulf and Burj Al Arab, the atmosphere is both vibrant and refined.

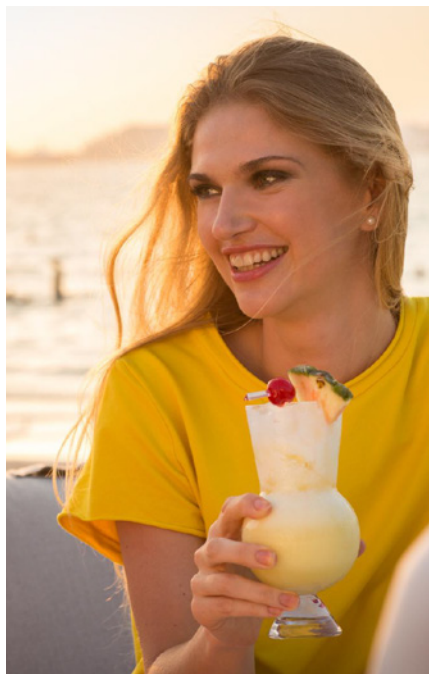
[Discover More](#)

Savour the Season at Jumeirah

PAI THAI WATERSIDE DINNER

Along the tranquil waterways of Jumeirah Al Qasr, savour an authentic Thai dining experience at Pai Thai. Vibrant flavours, aromatic spices and beautifully balanced dishes come together in an elegant waterside setting, perfect for a relaxed evening dinner.

[Discover More](#)



SHIMMERS SEASIDE EVENINGS

Set directly on the shoreline with views of Jumeirah Burj Al Arab, enjoy a relaxed Greek-Mediterranean dining experience at Shimmers. Fresh seafood, sharing plates and a laid-back coastal atmosphere create the perfect setting for long, leisurely dinners by the sea.

[Discover More](#)

What's On? In Dubai

THE
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CIRCLE
JUNE 2026



CANDLELIGHT CONCERT: TRIBUTE TO FAIRUZ

A tribute to Fairuz, this Candlelight concert by The Gulf String Quartet celebrates the music of one of the most beloved voices in the region. Enjoy an intimate evening as classical strings reimagine beloved compositions, transforming live performance into a truly captivating and atmospheric journey.

JUNE 13 | 18:30
**MAJLIS AL SALAM BALLROOM,
JUMEIRAH MINA AL SALAM**

[Discover More](#)

DUBAI YOUTH PERFORMING ARTS FESTIVAL

Register for the Dubai Youth Performing Arts Festival, an initiative by Dubai Culture supporting emerging talent across theatre, music, and folk arts. Open to participants aged 15 to 35, the festival brings together all three disciplines under one platform to showcase creativity and artistic excellence.

JUNE 25 | 12:00
**DUBAI CULTURE,
DUBAI DESIGN DISTRICT**

[Discover More](#)



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Contact our
team through
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