

THE INNER CIRCLE

J CLUB MEMBERS NEWSLETTER
AUGUST 2026





This August at J Club

As August unfolds, we are pleased to bring you another month of curated experiences designed to keep you active, cool and connected throughout the summer. From invigorating fitness sessions to family-friendly activities, there is something for everyone to enjoy at J Club.

You'll also discover the latest updates across our facilities and offers available throughout Jumeirah. We look forward to welcoming you to J Club and supporting your wellbeing with inspiring moments that help you move, recharge and feel your best.

PEDRO MARQUES
Director of Fitness

What's On This August



A NEW CHAPTER FOR J CAFÉ

We're delighted to welcome you back to J Café at Jumeirah Mina Al Salam. Whether you're stopping by for a post-workout coffee, a nourishing breakfast, or a light lunch, J Café offers the perfect place to relax and recharge.

With a selection of new, wholesome dishes and expertly crafted beverages, it's the ideal spot to refuel after your workout or catch up with friends in a welcoming setting. We look forward to seeing you back at J Café.

Discover a month of experiences designed to inspire movement, wellbeing and recovery. From energising classes to restorative wellness sessions, there's something to complement every routine and help you make the most of August at J Club.

SOUND & STRETCH

Restore your body and mind with a recovery-focused session combining guided stretching, mobility exercises and calming music to ease tension, improve flexibility, and leave you feeling refreshed.

Sunday, 16 August | 11:15
J Club, Jumeirah Mina Al Salam



What's On This August

EMIRATI WOMEN'S DAY VINYASA YOGA

Celebrate Emirati Women's Day with a special Vinyasa Yoga class led by one of our expert instructors. Join us for an uplifting session that honours the strength and achievements of Emirati women while promoting movement, mindfulness and wellbeing.

FRIDAY, 28 AUGUST | 10:00
J CLUB, JUMEIRAH BEACH HOTEL



SUNSET KAYAK WITH BENO

Join fellow Lifestyle members for a relaxing sunset kayak session with Beno. Paddle along the coastline, take in the evening views and enjoy a unique opportunity to connect with others while embracing the outdoors.

Saturday, 22 August | 18:00

Talise Spa



WELLBEING TEA TALK: PEPTIDES

Discover the emerging role of peptides in longevity medicine during this informative session hosted by Dr. Raqiba Ismail. Learn how peptides can support recovery, performance, and healthy ageing through advanced, personalised wellness approaches, complemented by the restorative therapies and integrative wellbeing practices available at Talise Spa.

MONDAY, 3 AUGUST | 11:00 – 11:45
J CLUB, MADINAT JUMEIRAH

To register,
email mjtalise@jumeirah.com or
call **+971 4 366 6818**

AFTERNOON INDULGENCE

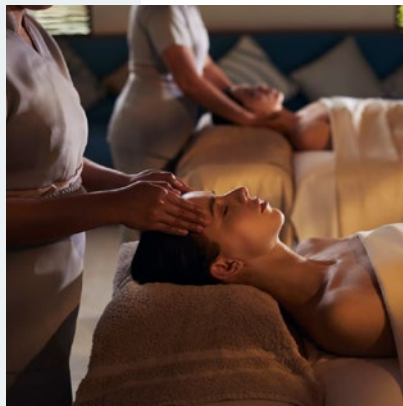
Escape into an afternoon of relaxation and indulgence with a bespoke wellness experience.

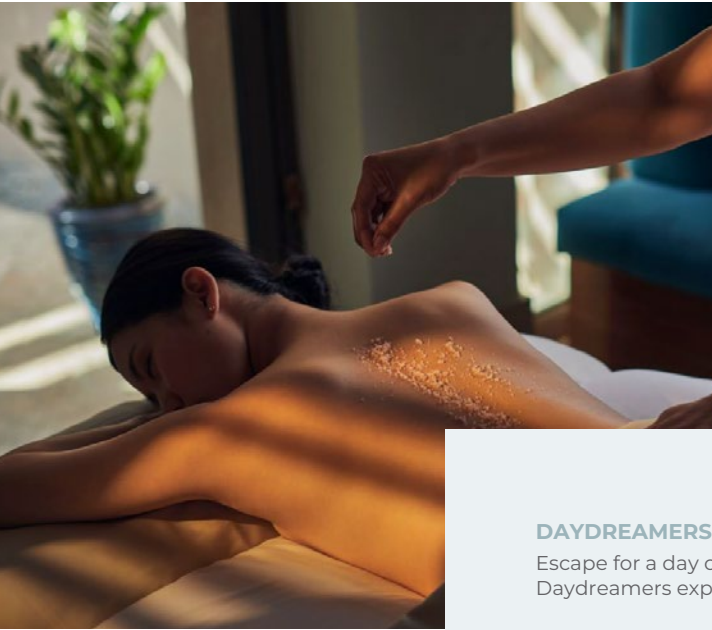
Begin your journey at Talise Spa with the signature Revitalising Spa Treatment. A full-body massage inspired by ancient therapeutic techniques and acupressure point stimulation, designed to ease tension and improve wellbeing.

Following your treatment, unwind with a delightful afternoon tea at Pearl Lounge, where a selection of handcrafted sweet and savoury delicacies awaits.

AED 975 PER PERSON
AED 1,850 FOR TWO

To book, email Talise Spa at Jumeirah Beach Hotel
jbhtalisespa@jumeirah.com or call **+971 4 406 8821**





DAYDREAMERS AT TALISE SPA

Escape for a day of relaxation and renewal with the Daydreamers experience at Talise Spa.

Enjoy a 90-minute Signature Massage designed to relieve tension and promote relaxation. Little ones can enjoy supervised activities at Jumeirah Circle Kids Club while you unwind, and an AED 200 dining credit at Fika allows you to continue your wellbeing journey with a nourishing meal.

The experience also includes beach sunbed access.

AED 975 PER PERSON

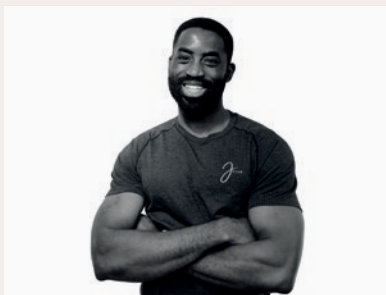
To book, email Talise Spa at Jumeirah Beach Hotel jbhtalisespa@jumeirah.com or call **+971 4 406 8821**

Your Fitness Focus

MEET LARRY OLANREWAJU

Larry brings energy, purpose and motivation to every session. Combining boxing-inspired movement with functional training and mindful recovery, his approach is designed to build strength, resilience, and confidence. Whether you're looking to improve fitness, sharpen your focus, or challenge yourself in new ways, Larry creates workouts that leave you feeling empowered and energised.

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



MEET MIGUEL ROJAS

Miguel's training philosophy is built around his signature ABC Method – Mobility, Strength and Stretching. By combining functional movement, strength training and recovery, his sessions are designed to improve performance, support long-term health and help members move with greater confidence, strength and ease.

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Hydration Tips This Summer



- **Hydrate before you train**
Drink water throughout the day rather than waiting until you're thirsty.

- **Replace lost electrolytes**
For longer or more intense workouts, replenish essential minerals with an electrolyte drink.

- **Bring a water bottle**
Sip regularly during your workout to stay hydrated.

- **Eat water-rich foods**
Fruits such as watermelon, oranges and strawberries can help boost your daily fluid intake.

- **Rehydrate after exercise**
Continue drinking water after your session to support recovery and reduce fatigue.

Elevate Your Game

Refine your technique on our world-class tennis courts with expert coaching from the Tipsarević Tennis team. Whether you're picking up a racket for the first time or looking to take your game to the next level, our personalised coaching programmes are designed for all ages and abilities.

MEET ARSEN RABRENOVIC

With over 10 years of coaching experience, Arsen has been part of the Tipsarević Tennis Academy team for the past three years, specialising in junior player development. Having coached in the USA, the Maldives and Montenegro, he brings international expertise and a passion for helping players of all ages build confidence, improve their game and enjoy every moment on court.



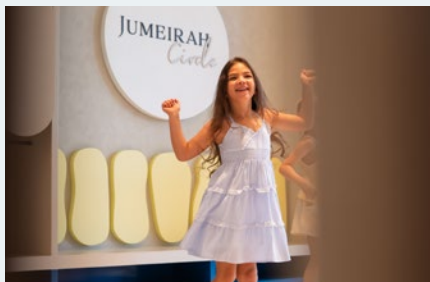
MEET VLADIMIR ZIVOTIĆ

With six years of coaching experience in Dubai, Vladimir brings an international perspective shaped by his journey from Serbia to Amman and the UAE. Passionate about developing well-rounded players, he focuses on building strong fundamentals, growing confidence and helping players develop skills that last both on and off the court.

Book your next lesson and discover your potential.



A World of Play Awaits



This summer, Jumeirah Circle has introduced eight new interactive exhibits designed to inspire curiosity, creativity and learning through play.

From launching rockets at the Rocket Table and exploring multilingual stories in the Dial-a-Story Phone Booth, each exhibit encourages creativity, problem-solving and active exploration. Together, they provide a fun, engaging environment that supports STEM learning, social interaction and physical development.

Throughout the month, children can discover new ways to move, create and connect, building coordination, creativity and memorable moments through a variety of experiences thoughtfully designed just for them.

PAINTING

Our painting sessions encourage children to explore their creativity through colourful and imaginative activities designed to inspire self-expression and confidence. Each session provides a fun environment where children can create, experiment and enjoy the process of making art.

MONDAYS | 10:00 - 11:30
JUMEIRAH CIRCLE,
JUMEIRAH BEACH HOTEL



DODGEBALL FUN

Our outdoor Dodgeball sessions encourage children to stay active through fun team play designed to build agility, coordination and confidence. Each session combines movement, teamwork and friendly competition in an engaging environment.

THURSDAYS | 15:00 - 16:00
JUMEIRAH CIRCLE,
JUMEIRAH BEACH HOTEL

POOL RACING GAMES

Our pool racing games encourage children to stay active through fun, energetic challenges designed to build confidence, coordination and teamwork. Each session combines movement and friendly competition for an enjoyable experience in the water.

SUNDAYS | 11:30 - 12:30
JUMEIRAH CIRCLE,
JUMEIRAH BEACH HOTEL

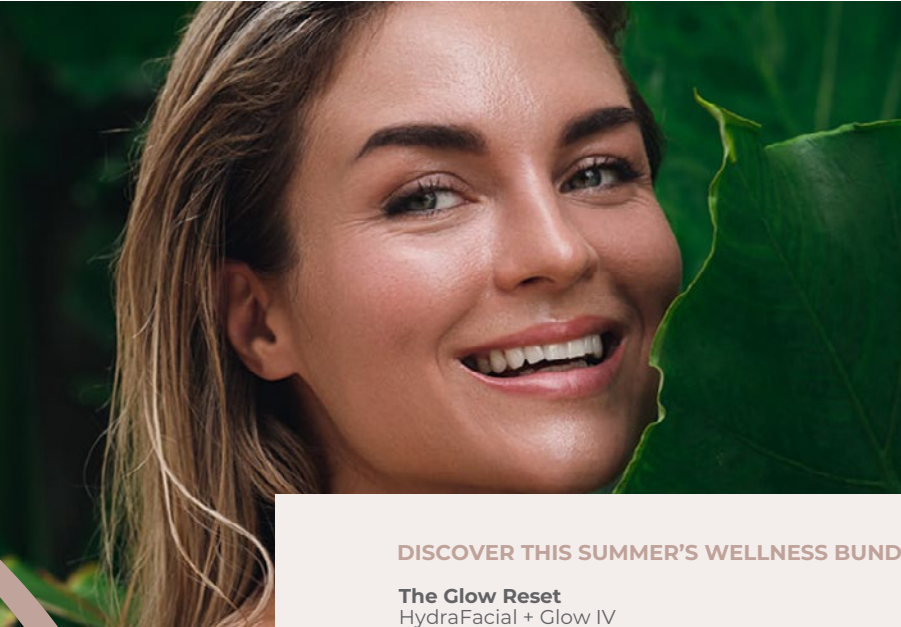
View all activities available [here](#).

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



Nova Clinic

Refresh, restore and recharge this summer with exclusive wellness bundles from Nova Clinic. Designed to support your skin, body, and overall wellbeing, each package combines advanced treatments to help you look and feel your best throughout the summer season.



DISCOVER THIS SUMMER'S WELLNESS BUNDLES

The Glow Reset

HydraFacial + Glow IV

The Sculpt

Coolsculpting + Morpheus Body

The Recovery

Laser Bed + Cryotherapy + NAD+ Recovery IV

The Intensive

2 Ozone Therapy sessions + NAD+ & Performance IV + Laser Bed

The Rebase

Manual Release Massage + Anti-Stress IV Drip

The Summer Program

A personalised three-month journey across IV therapy, skin, body, and wellness treatments.

To discover the package that's right for you, visit the front desk in Nova Clinic at Jumeirah Mina Al Salam or contact the team via WhatsApp [here](#).



Savour the Season at Jumeirah

AFTERNOON TEA PEARL LOUNGE

Unwind with an elegant Afternoon Tea in sophisticated surroundings, perfect for catching up with friends and family. From exclusive teas and coffees to beautifully crafted treats, every detail is designed for relaxed moments of indulgence.

Soft package

AED 220 for one | AED 410 for two

Includes a selection from our exclusive tea and coffee collection

Bubbly package

AED 310 for one | AED 590 for two

Includes a glass of champagne per person

AVAILABLE DAILY FROM 14:00 TO 17:00



SALUTE TIME FIKA

Gather with friends and unwind at Fika's daily Salute Time. Enjoy handcrafted cocktails alongside an Italian-inspired sharing board of light bites in a relaxed setting.

Two cocktails and an Italian-inspired

sharing board – AED 99 per person

Happy hour cocktails – AED 35 per person

AVAILABLE DAILY FROM 16:00 TO 18:00



SUNDAY ROAST DHOW & ANCHOR

End the week with a classic English Sunday Roast. Choose from a selection of traditional roasts, including a vegetarian option, each served with all the classic accompaniments, including roasted potatoes, seasonal root vegetables, Yorkshire pudding and rich gravy.

**AVAILABLE EVERY SUNDAY FROM
12:00 TO 22:30**

Events Around The City

THE
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IMMERSIVE TANGO NIGHT

Experience the passion of Argentina with an unforgettable evening of live tango at TODA. Featuring captivating vocals, live piano and violin, and exceptional tango dancers, the performance brings iconic classics and fiery instrumentals to life. Set within TODA's immersive 360° venue, enjoy an evening of music, romance and spectacle, with the opportunity to step onto the dance floor yourself.

SUNDAY, 2 AUGUST | 20:00
TODA, SOUK MADINAT

[Discover more](#)



BEAT THE HEAT DXB

Experience an unforgettable evening as Al Shami takes the stage at Beat The Heat DXB. Renowned for his heartfelt lyrics, captivating melodies and powerful performances, Al Shami has become one of the region's most celebrated voices. Join fellow music fans for an evening of memorable hits and an incredible live atmosphere.

SATURDAY, 8 AUGUST | 20:30
DUBAI WORLD TRADE CENTRE, HALL 8

[Discover more](#)

ATUL KHATRI LIVE IN DUBAI

Enjoy an evening of laughter as acclaimed comedian Atul Khatri, also known as Daddy Kool, takes to the stage at Emirates Theatre. Featuring a fresh mix of new material alongside some of his most popular routines, this special performance promises plenty of laughs and unforgettable moments. Don't miss the chance to experience one of the region's favourite comedians live.

SATURDAY, 29 AUGUST | 19:30
EMIRATES THEATRE

[Discover more](#)



J
CLUB

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Contact our
team through
WhatsApp
below



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