

AUGUST TIMETABLE

# Group Exercise Timetable at Jumeirah Mina Al Salam



| Cardio |                                |                                      |                                |                                    |                                |                                |                            |
|--------|--------------------------------|--------------------------------------|--------------------------------|------------------------------------|--------------------------------|--------------------------------|----------------------------|
| TIME   | MON                            | TUE                                  | WED                            | THU                                | FRI                            | SAT                            | SUN                        |
| 07:00  | J Condition<br>Hamza (45 mins) |                                      |                                |                                    |                                |                                |                            |
| 08:15  |                                | Gear Cycling<br>Greg (50 mins)       |                                |                                    | Gear Cycling<br>Greg (50 mins) |                                |                            |
| 09:00  | Zumba<br>Erick (50 mins)       |                                      | Zumba<br>Erick (50 mins)       | J Condition<br>Hamza (45 mins)     | Aqua Bike<br>Erik (50 mins)    | Core<br>Hamza (50 mins)        | Zumba<br>Erick (50 mins)   |
| 09:15  |                                | Zumba Belly Dance<br>Erick (50 mins) |                                |                                    |                                |                                |                            |
| 09:30  |                                |                                      |                                |                                    | Lift<br>Rania (50 mins)        |                                |                            |
| 10:00  |                                |                                      |                                | Core<br>Hamza (50 mins)            |                                | J Condition<br>Hamza (45 mins) | Aqua GX<br>Erick (50 mins) |
| 10:15  |                                | Aqua GX<br>Erick (50 mins)           |                                |                                    |                                |                                |                            |
| 10:30  |                                |                                      |                                |                                    | Zumba<br>Erick (50 mins)       |                                |                            |
| 17:00  | Core<br>Majid (45 mins)        | Glutes and Core<br>Ramzy (45 mins)   | Core<br>Majid (45 mins)        | Glutes and Core<br>Ramzy (45 mins) |                                |                                |                            |
| 18:00  | J Condition<br>Majid (45 mins) | Burn<br>Ramzy (45 mins)              | J Condition<br>Majid (45 mins) | Burn<br>Ramzy (45 mins)            |                                |                                |                            |
| 19:00  |                                |                                      | Zumba<br>Erick (50 mins)       |                                    |                                |                                |                            |

| Body & Mind |                                |     |                                |                                |     |                                |     |
|-------------|--------------------------------|-----|--------------------------------|--------------------------------|-----|--------------------------------|-----|
| TIME        | MON                            | TUE | WED                            | THU                            | FRI | SAT                            | SUN |
| 07:00       |                                |     |                                | Vinyasa Yoga<br>Isha (50 mins) |     |                                |     |
| 08:00       | Hatha Yoga<br>Petra (50 mins)  |     | Vinyasa Yoga<br>Isha (50 mins) |                                |     | Vinyasa Yoga<br>Isha (50 mins) |     |
| 19:00       | Vinyasa Yoga<br>Isha (50 mins) |     |                                | Vinyasa Yoga<br>Isha (50 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

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:



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| Shape / Conditioning |     |                                  |     |     |     |     |     |
|----------------------|-----|----------------------------------|-----|-----|-----|-----|-----|
| ★ Paid Class AED 200 |     |                                  |     |     |     |     |     |
| TIME                 | MON | TUE                              | WED | THU | FRI | SAT | SUN |
| 07:00                |     | HITT Pilates<br>Nadiia (45 mins) |     |     |     |     |     |

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

| Squash with Nikky Harrdine - Jumeirah Beach Hotel |                         |                              |                          |                         |     |                                    |                                    |
|---------------------------------------------------|-------------------------|------------------------------|--------------------------|-------------------------|-----|------------------------------------|------------------------------------|
| TIME                                              | MON                     | TUE                          | WED                      | THU                     | FRI | SAT                                | SUN                                |
| 14:30 - 16:00                                     |                         |                              |                          |                         |     | FAMILY CLINIC<br>INTERMEDIATE      |                                    |
|                                                   |                         |                              |                          |                         |     | Mixed Group<br>Kids 60   Adults 85 |                                    |
| 15:30 - 17:00                                     |                         |                              |                          |                         |     |                                    | FAMILY CLINIC<br>INTERMEDIATE      |
|                                                   |                         |                              |                          |                         |     |                                    | Mixed Group<br>Kids 60   Adults 85 |
| 17:00 - 20:00                                     | MENS CLINIC<br>ADVANCED | MIXED CLINIC<br>INTERMEDIATE |                          | MENS CLINIC<br>ADVANCED |     | MENS CLINIC<br>ADVANCED            |                                    |
|                                                   | Adults Group<br>AED 85  | Adults Group<br>AED 85       |                          | Adults Group<br>AED 85  |     | Adults Group<br>AED 85             |                                    |
| 18:00 - 21:00                                     |                         |                              | MIXED CLINIC<br>ADVANCED |                         |     |                                    |                                    |
|                                                   |                         |                              | Adults Group<br>AED 85   |                         |     |                                    |                                    |

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Jumeirah Racquets  
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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.

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# Group Class Description at Jumeirah Mina Al Salam



|                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                    |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <div>Bootcamp</div> <div>A high-intensity class designed to challenge endurance and strength. Combines functional movement, agility, and cardiovascular training to energise and empower.</div>                                                                       | <div>LIFT</div> <div>A strength-based class built around tempo and form. Focuses on muscular endurance and core activation with refined technique.</div>                                                                                                    | <div>Gear</div> <div>A rhythm-driven cycling session built around power intervals and athletic flow. Distinct from traditional RPM formats, offering a fresh take on indoor riding.</div>                                          |
| <div>Zumba</div> <div>A joyful dance-based workout blending Latin-inspired moves with high-energy music. Boosts cardio, coordination, and mood in a vibrant setting.</div>                                                                                            | <div>Power plate</div> <div>An efficient full-body session that harnesses vibration technology to elevate strength, flexibility, and overall wellbeing.</div>                                                                                               | <div>J Condition</div> <div>J Club's signature circuit class combining strength, cardio, and functional training for a full-body workout that boosts endurance and overall fitness.</div>                                          |
| <div>Boxfit</div> <div>A boxing-inspired fitness class combining interval, circuit, and functional training. Builds endurance and teaches fundamental boxing techniques while boosting cardio performance.</div>                                                      | <div>J Pump</div> <div>A barbell-based workout focused on high-rep strength training to tone, build endurance, and leave you feeling energised.</div>                                                                                                       | <div>Stick Mobility</div> <div>A mobility-focused class using resistance sticks to enhance posture, range, and control. Supports deeper movement and structural alignment.</div>                                                   |
| <div>Meditation and breathwork</div> <div>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</div> | <div>Vinyasa Yoga</div> <div>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.</div> | <div>Hatha Yoga</div> <div>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.</div> |
| <div>Ashtanga Yoga</div> <div>A dynamic sequence rooted in traditional breath-led movement. Builds resilience, flexibility, and inner focus through structured postural flow.</div>                                                                                   | <div>Mat Pilates (50 min)</div> <div>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.</div>         | <div>Reformer Pilates</div> <div>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.</div>               |
| <div>Chair Pilates</div> <div>A graceful Pilates session using a chair for support and alignment. Enhances posture, flexibility, and mind-body connection in an accessible format.</div>                                                                              | <div>Glutes &amp; Core</div> <div>A targeted session designed to strengthen and sculpt the glutes and core. Builds stability, balance, and a refined physique.</div>                                                                                        | <div>Burn</div> <div>A focused cardiovascular session designed to increase heart rate and burn calories effectively in a time-efficient format.</div>                                                                              |

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