THE INNER CIRCLE

J CLUB MEMBERS NEWSLETTER
NOVEMBER 2026

This November at J Club

November brings new opportunities to move, restore and connect at J Club. Join us for energising fitness sessions, wellness experiences and activities for the whole family. This month's highlights include the Jumeirah and Atlas Beach Run, a closer look at marine conservation at the Turtle Lagoon, and memorable moments shared across our community.

You will also discover the latest J Club updates and a selection of experiences from across Jumeirah.

We look forward to welcoming you throughout November.

PEDRO MARQUES
Director of Fitness

Stories of J Club

LALE ANSINGH VERAL

A member since J Club first opened, Lale has made the club an important part of her daily life. Her mornings are filled with yoga, familiar faces and the support of trainers who inspire her to keep moving.

For Lale, J Club is more than a place to exercise. It is a community where friendships grow and each visit brings a sense of courage, strength and happiness. Her morning routine is a reminder of how movement and meaningful connections can make every day feel a little brighter.

Lifestyle Membership Events

SUNSET BEACH SOCIAL AT BAHIA BAR

As the sun begins to set, join us at a new beachfront destination, Bahia Bar for a relaxed evening beside the sea. Reconnect with fellow members over a refreshing drink and take in uninterrupted views across the Arabian Gulf.

THURSDAY, 12 NOVEMBER | 17:30
BAHIA BAR, JUMEIRAH BEACH HOTEL

FLOATING MEDITATION

Float into a state of calm and stillness with a soothing meditation experience on the water. Let the gentle movement of the waves and the rhythm of your breath guide you towards deep relaxation, restoring balance and leaving you feeling refreshed, centred and connected.

FRIDAY, 27 NOVEMBER | 18:00
LEISURE POOL, JUMEIRAH BEACH HOTEL

DISCOVER THE TURTLE LAGOON

Discover the important work of the Dubai Turtle Rehabilitation Project at the Turtle Lagoon, Jumeirah Al Naseem. Join an educational talk about marine conservation and the care of these remarkable creatures. Children are also invited to take part in a turtle feeding experience.

Open to all, with no reservation required.

SUNDAY, 29 NOVEMBER | 15:30
TURTLE LAGOON, JUMEIRAH AL NASEEM

Children's Activities
Jumeirah Circle, Jumeirah Beach Hotel

Throughout November, children aged 4 to 12 can discover a thoughtful programme of movement and creative activities at Jumeirah Circle. Each experience offers an opportunity to explore new skills, build confidence and connect with others.

DANCERCISE

A fun, energetic class combining simple dance moves with active exercises to get children moving and having fun. Designed to build coordination, rhythm, confidence and fitness through music-led movement in a lively and playful environment.

MONDAYS | 11:30 - 12:30

LEGO BUILDING CONTEST

Let creativity take centre stage with a fun LEGO building challenge for little ones. Children can use their imagination to design, build and bring their ideas to life, while developing creativity, problem-solving skills and confidence along the way.

WEDNESDAYS | 15:00 - 16:30

KIDS STRETCHING

A gentle and playful session designed to help children improve flexibility, mobility and body awareness. Through simple stretches and movement games, children can develop coordination and learn healthy movement habits in a fun and relaxed environment.

SUNDAYS | 11:30 - 12:30

View all activities available **here.**
To find out more, contact Jumeirah Circle at
JBHJumeirahCircle@jumeirah.com or call **+971 55 500 8609**

Your Experiences this November

Make space for movement, restoration and connection this November. From energising fitness sessions to mindful moments beside the sea, each experience offers a considered way to support your wellbeing and enjoy your time at J Club.

BEACH WALK AND STRETCH

Begin the morning beside the sea with a refreshing walk along the shoreline. Enjoy the sea breeze and coastal views while making time for gentle movement before the day begins.

THURSDAYS | 07:00
J CLUB, JUMEIRAH BEACH HOTEL

MYZONE DUBAI 30X30 CHALLENGE

Set a personal goal and see where your movement takes you with Myzone. Wear your Myzone heart rate monitor as you train, track your progress and be in with a chance to win a prize at the end of the challenge.

1 TO 29 NOVEMBER
J CLUB, JUMEIRAH BEACH HOTEL AND JUMEIRAH MINA AL SALAM

SUNSET YOGA

Ease into the evening with a restorative sunset yoga session, bringing together gentle movement, mindfulness and relaxation. Take time to slow down, reconnect and restore your sense of balance in a peaceful setting as the day draws to a close.

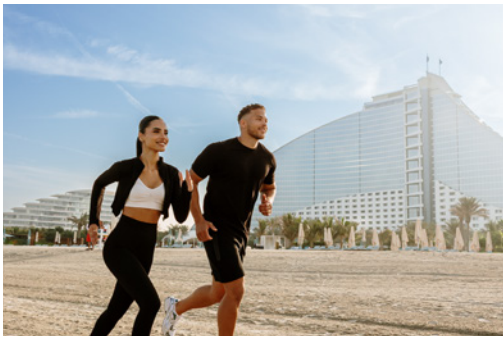
FRIDAY, 06 NOVEMBER | 17:30
NUSKA GARDEN, JUMEIRAH BEACH HOTEL

Your Experiences this November

JUMEIRAH X ATLAS BEACH RUN

Follow the shoreline on a community beach run led by Atlas, travelling from Jumeirah Beach Hotel to Jumeirah Al Qasr and back. After the run, take time to recover before enjoying breakfast and a relaxed start to the day.

SATURDAY, 14 NOVEMBER | 07:00
J CLUB, JUMEIRAH BEACH HOTEL



STRETCH, MOBILITY AND MEDITATION WITH EMIRATES GREAT BRITAIN SAILING TEAM

Meet the Emirates Great Britain Sailing team and join us for a guided session of stretching, mobility and meditation. Enjoy an immersive reset and ease into the weekend feeling refreshed.

THURSDAY, 19 NOVEMBER | 07:00
J CLUB, JUMEIRAH BEACH HOTEL

MAT PILATES CLINIC

Join us for an interactive educational session covering Mat Pilates techniques, equipment and core principles. Build your confidence, refine your technique and get more out of your Pilates classes. Ideal for beginners, those new to Pilates and members looking to improve their practice.

SATURDAY, 21 NOVEMBER | 11:00
J CLUB, JUMEIRAH MINA AL SALAM

Dubai Fitness Challenge

For 30 days, Dubai Fitness Challenge invites the city to make 30 minutes of movement part of every day. Until Sunday 29 November, discover different ways to move across Dubai, from a morning walk or fitness class to memorable experiences in some of the city's most iconic settings.

DUBAI RIDE
Cycle along Sheikh Zayed Road while it is free from traffic, passing some of Dubai's most iconic landmarks as the city comes to life.

SUNDAY, 1 NOVEMBER | 06:00

DUBAI RUN
Experience Sheikh Zayed Road on foot, with a choice of 5 km and 10 km routes through the heart of the city.

SUNDAY, 22 NOVEMBER | 06:30

DUBAI STAND UP PADDLE
Take to the calm waters of Hatta Dam for two mornings of paddleboarding, with experiences for all ages and abilities.

SATURDAY, 7 AND
SUNDAY, 8 NOVEMBER | 08:45

DUBAI YOGA
Close the month with a yoga session at Zabeel Park, bringing movement, mindfulness and community together in a green city setting.

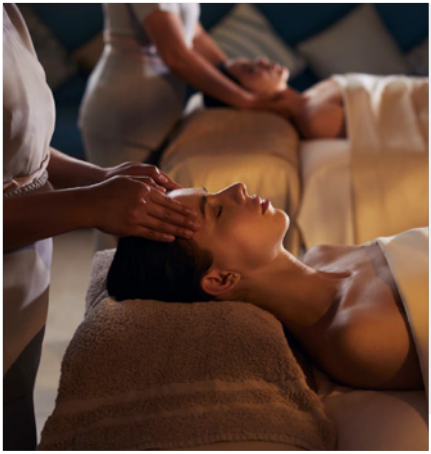
SUNDAY, 29 NOVEMBER

HOW TO TAKE PART
Register to discover events, classes and activities taking place across Dubai. Whether you join a citywide experience or simply set aside 30 minutes to move each day, take the opportunity to find your own rhythm and enjoy a more active month.

Register here

Talise Spa

This season, discover a considered collection of wellness experiences at Talise Spa, Jumeirah Al Qasr. Personalised treatments and advanced therapies come together with thoughtful additions, inviting time to pause, restore and rediscover a sense of balance.



TALISE LONGEVITY BOOST

Restore radiance with a 60 minute Swiss facial, paired with a Vitamin Boost IV to support a renewed sense of vitality.

TALISE DETOX

Release tension and rediscover a sense of lightness with a personalised 60 minute massage of your choice, followed by an iDome Detox Therapy session.

TALISE MOMENTS FOR TWO

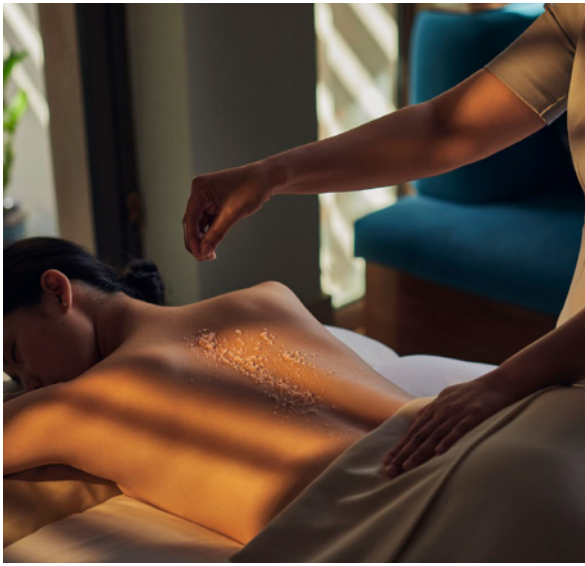
Take time to pause and reconnect with 60 minutes of private access to the jacuzzi and steam facilities, followed by a 60 minute Signature ritual for each guest.

TALISE THAI TREAT

Restore balance with a 75 minute Thai massage, followed by lunch amid the tranquil setting of Pai Thai. Available Friday to Sunday.

TALISE FESTIVE BALANCE

A considered ritual for radiance and balance. Enjoy a 60 minute Swiss Line facial, followed by a 30 minute Satori Chakra Balancing session.



Experiences

CANDLELIGHT SOUND HEALING AND MEDITATION

Step away from the pace of everyday life and spend an evening in quiet stillness beneath the night sky. This calming experience combines grounding moments with immersive sound healing and meditation to help you slow down, soften and reconnect.

THURSDAYS, 5, 12, 19 AND 26 NOVEMBER | 18:30
YOGA GARDEN, TALISE SPA, JUMEIRAH AL QASR
AED 220

IMMERSIVE SLEEP RITUAL

Settle into a guided breathwork journey designed to help you release emotional tension, slow down and fully unwind. Held in the Yoga Garden at Talise Spa, this immersive evening invites you to soften into a deeper sense of rest.

SUNDAY, 15 NOVEMBER | 19:00
YOGA GARDEN, TALISE SPA, JUMEIRAH AL QASR
AED 395

FULL MOON YOGA WITH TALISE SPA

Unwind beneath the full moon with a restorative yoga session in collaboration with Talise Spa. Connect with your breath, find balance and embrace a moment of calm as you move through a soothing practice in a tranquil setting.

TUESDAY, 24 NOVEMBER | 19:00
CELESTE, JUMEIRAH AL QASR
AED 250

To reserve your experience, email
Talise Spa at MJinfo@jumeirah.com or call **+971 4 366 8888**

Trainer Spotlight

NIKOLAS SPYROPOULOS

Welcome Nikolas Spyropoulos, our new fitness professional. Nikolas takes a considered, holistic approach to health and performance, bringing together intelligent training, nutrition and lifestyle coaching. Each session is personalised around the individual, with a focus on considered movement, confidence and lasting progress.

COMPLETE THE ASSESSMENT FORM HERE.

LUCIA PEICHOTTO

Lucia Peichotto approaches movement as a way to develop connection, confidence and greater body awareness. With a calm and motivating approach, personalised sessions focus on posture, coordination, energy and overall wellbeing, helping members move with greater confidence and strength.

COMPLETE THE ASSESSMENT FORM HERE.

Wellness and Recovery, guided by Nova Clinic

Discover a selection of wellness and recovery experiences at Nova Clinic, combining targeted treatments to support hydration, movement and overall wellbeing.

Lymphatic Drainage + IV Drip
AED 1,300

A restorative treatment combining lymphatic drainage to help relieve feelings of heaviness and fluid retention with an IV infusion to replenish fluids and deliver essential vitamins.

NAD+ | 15% off

Support cellular energy production with NAD+, a coenzyme that plays an important role in metabolism and cellular function.

Ozone Therapy + Physiotherapy
AED 1,900

Combine physiotherapy to support movement, flexibility and physical function with ozone therapy, administered in a clinical treatment setting.

Laser Bed + Cryotherapy + IV Drip
AED 1,100

Experience a three-part wellness programme featuring red light therapy, whole-body cryotherapy and a vitamin IV infusion, designed to complement your recovery routine and support hydration.

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.**

A Taste of the Season at Jumeirah

AILA'S TABLE

Discover Aila's Table, the newly transformed dining destination at Jumeirah Beach Hotel, formerly Kitchen Connection. Inspired by the Arabic word *ā'ila* for family, Aila's Table brings Arabian hospitality together with global flavours and thoughtfully sourced ingredients. A welcoming space where cultures meet, stories are shared and every meal is an opportunity to come together.

DAILY | BREAKFAST: 07:00 TO 11:00,
DINNER: 18:00 TO 22:00
AILA'S TABLE, JUMEIRAH BEACH HOTEL

Reserve

BAHIA BAR

Introducing Bahia Bar, a new beachfront destination inspired by Spain's vibrant culture of gathering. Bringing together expressive mixology and Spanish-inspired tapas, it offers a relaxed outdoor setting with uninterrupted views across the Arabian Gulf. Gather with friends and savour a taste of Spain by the sea.

DAILY | 12:00 TO 20:00
BAHIA BAR, JUMEIRAH BEACH HOTEL

Guests must be aged 21 or above from 17:30 onwards.

Reserve

A Taste of the Season at Jumeirah

BAHRI
ECHOES OF THE SILK ROUTE

Inspired by the Silk Route's rich heritage of cultures, flavours and traditions, Echoes of the Silk Route transforms Bahri into a modern-day gathering place. Every Wednesday evening, enjoy live vocals, a curated menu and signature cocktails celebrating the spices and influences that shaped this historic journey.

WEDNESDAYS | FROM 18:00
BAHRI, JUMEIRAH MINA AL SALAM

Reserve

MARGAUX PASTRY BOUTIQUE: NEW COLLECTION BY CHEF MOURAD TIMSIH

Discover Margaux's latest collection of exquisite pâtisserie, handcrafted chocolates and signature creations by Executive Pastry Chef Mourad Timsih. Rooted in the artistry of French pâtisserie, each creation showcases exceptional craftsmanship, the finest ingredients and beautifully layered flavours.

MARGAUX PASTRY BOUTIQUE, JUMEIRAH MINA AL SALAM

Discover more

thejclub.com
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Contact our team through WhatsApp below

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