

wellcube.life

MOVEMENT HUB

WHERE STRENGTH
MEETS FLOW.



A man in a white t-shirt and grey pants is performing a battle rope exercise in a gym. He is holding the ropes with both hands, and the ropes are swinging in a circular motion. The gym has a modern, industrial feel with exposed pipes and a concrete floor. In the background, there are various gym equipment like weight racks and a vertical garden wall on the left.

Reaxing, Italy

NEURO-COGNITIVE GYM

LONGEVITY . REHABILITATION .
PERFORMANCE

Train your brain and body in synchronicity.

At our Neuro-Cognitive Gym, we combine movement, unpredictability and cognitive stimulus to push your performance higher.

Using Reaxing's smart tools, every workout becomes a reaction challenge, building strength, agility, reflexes and mental sharpness simultaneously.

Enhances balance, proprioception and stability

Increases neuromuscular coordination

Sharpens cognitive focus under movement

Faster reflexes and reaction time

Effective support for sports rehabilitation

Enhanced athletic performance



OUTDOOR BOXING

A high-energy, full-body training experience combining boxing techniques, functional conditioning and guided movement.

Whether enjoyed in a group setting or through a personalized one-to-one session with a trainer, each workout is adapted to your fitness level and goals.

Aimed towards building your physical strength, improving cardiovascular fitness, sharpening coordination and releasing built-up stress through purposeful movement.

Builds full-body strength, stamina, and cardiovascular endurance

Improves coordination, balance, agility and reaction time

Provides an effective outlet for stress while enhancing mental focus

Supports greater confidence, energy and overall physical performance

Supports relaxation, restorative sleep and renewed personal vitality

A woman with dark hair in a ponytail, wearing a brown long-sleeved top and leggings, is performing a Pilates exercise on a wooden reformer machine with a red cushion. She is in a side plank position, propped up on her forearm. In the background, another woman is visible, also working on a reformer machine. The studio has large windows and mirrors.

Ikore pilates

PILATES

PRECISION. BALANCE.
CONTROL.

Pilates is a science-based movement system that goes beyond traditional fitness.

By combining controlled movement, precise alignment and mindful breathing, it strengthens the body while improving posture, mobility, balance, and overall movement quality.

Widely used in both fitness and rehabilitation, Pilates helps prevent injuries, support recovery and build long-term functional strength.

Designed to support injury recovery, chronic pain management and postural correction, beyond fitness.

Rooted in anatomy, biomechanics and proper movement patterns

Personalized approach rather than a one-size-fits-all workout

Guided by certified instructors trained through the iKore education system by Dr. Deepali Gupta

Long term effects of improved core strength and flexibility to help you move better in everyday life

A woman in a white sports bra and grey leggings is performing a standing balance pose (Vrikshasana) in a yoga studio. She is standing on a pink mat, with her left leg lifted and bent at the knee. Her arms are raised straight up, with her hands pressed together in a prayer position. The background features large windows with vertical blinds, and the foreground shows the blurred arms and shoulders of other participants in the class.

YOGA

THE MINDFUL MOVEMENT

Yoga is an ancient practice that unites body, mind, and breath.

Through guided postures, controlled breathing and mindful awareness, it restores balance, builds strength and promotes deep relaxation.

Each session offers space to reconnect with yourself, reduce stress and enhance overall well-being.

Improves flexibility, posture, and core strength

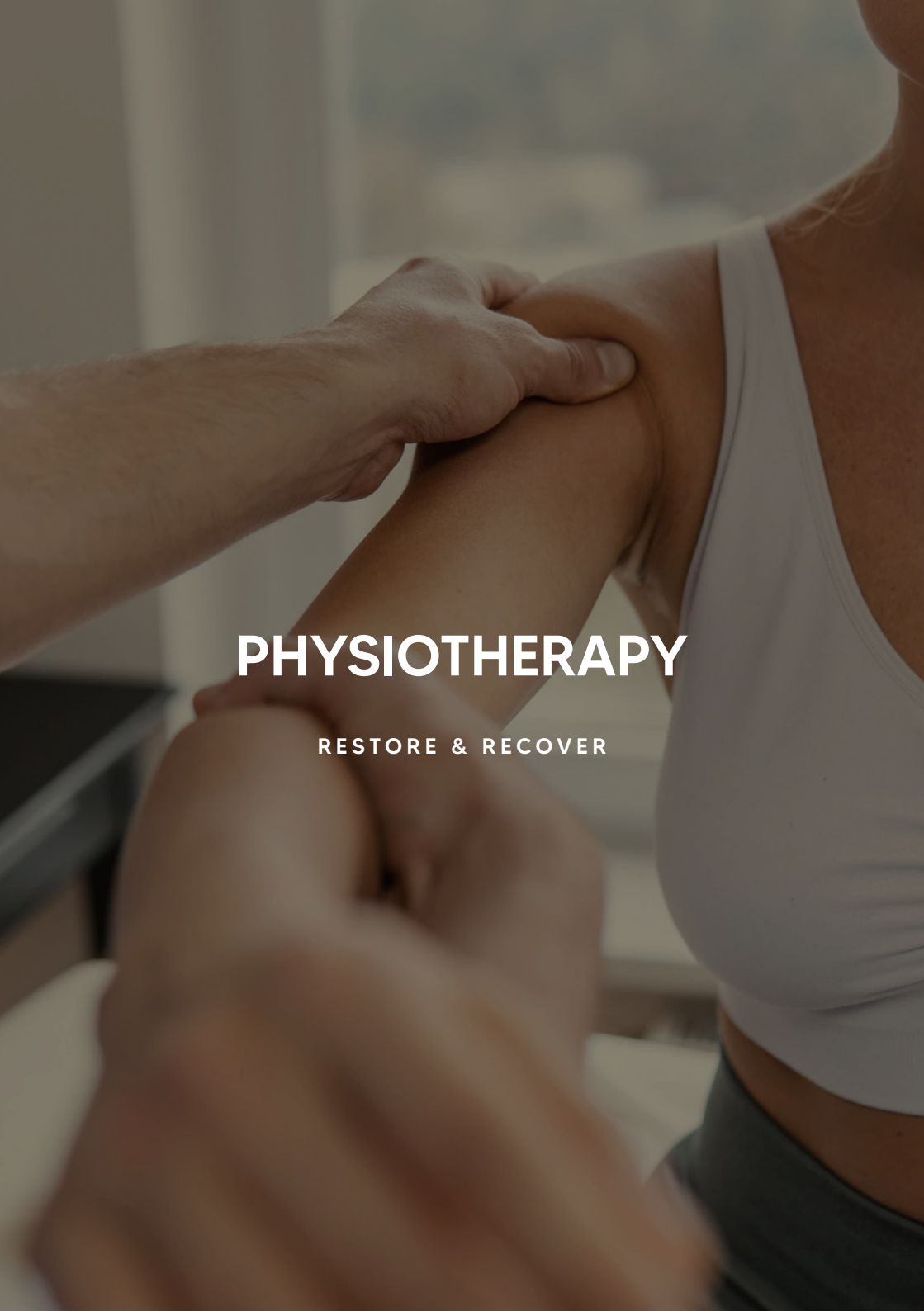
Promotes better sleep and long-term wellness

Reduces stress and anxiety while calming the mind

Boosts circulation, immunity, and energy levels

Supports joint mobility and overall fitness

Enhances focus, mindfulness, and emotional balance



PHYSIOTHERAPY

RESTORE & RECOVER

Physiotherapy focuses on restoring movement, strength, and function when pain, injury, or chronic conditions affect the body.

Through hands-on techniques, tailored exercises and evidence-based therapies, physiotherapy promotes recovery, prevents re-injury and helps you move with confidence.

Aids recovery from injuries and surgery

Relieves pain and restores mobility

Improves posture, strength, and flexibility

Reduces risk of future injury

Enhances athletic performance and endurance



CHIROPRACTIC

SPINE & JOINT ALIGNMENT

Chiropractic care focuses on restoring proper alignment of the spine and joints to support overall health and mobility.

By correcting misalignments, chiropractic treatments relieve pain, improve posture and optimize nervous system function, helping your body heal and perform at its best.

Improves posture and spinal alignment

Relieves back, neck, and joint pain

Enhances mobility, flexibility, and range of motion

Reduces headaches and muscular tension

Supports nervous system health and overall balance

Swimming Pool

AQUAFIT

HEALING POWER OF WATER

COMING SOON

Our Olympic-size pool is more than a place to swim, it's a hub of advanced hydrotherapy.

Featuring innovations such as the Reax Raft for balance and motor skill training, underwater treadmills for low impact fitness and aqua-based rehabilitation.

Hydrotherapy at Wellcube.life combines science and movement to restore, strengthen and refresh the body.

Enhances mobility, flexibility, and balance

Improves cardiovascular fitness without strain

Relieves joint and muscle pain through buoyancy and resistance

Safe, effective exercise for all ages and fitness levels



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ARRIVE. TRANSFORM. THRIVE.