

DECEMBER 2024

GROUP EXERCISE TIMETABLE AT JUMEIRAH MINA AL SALAM



TIME	MON	TUE	WED	THU	FRI	SAT	SUN
06:00			VIRTUAL RPM (60 MIN)				
07:00	G.E.A.R CYCLING PAULA (60 MIN)	BOOTCAMP ANTONY (60 MIN)	BOOTCAMP ANTONY (60 MIN)	YOGA ISHA (60 MIN)	VIRTUAL BODYPUMP (60 MIN)		
08:00	YOGA KAJAL (60 MIN) REFORMER PILATES FARIBA (45 MIN)		YOGA ISHA (60 MIN) REFORMER PILATES FARIBA (45 MIN)		REFORMER PILATES FARIBA (45 MIN)		
08:15		RPM GREG (50 MIN)			RPM GREG (50 MIN)		OUTDOOR GYM BOOTCAMP EBRA(45 MIN)
08:30		REFORMER PILATES ALICE (45 MIN)	AQUA BIKE DILIA (50 MIN)	REFORMER PILATES ALICE (45 MIN)			
09:00	PAID CLASS REFORMER PILATES FARIBA (45 MIN)	TRX EBRA (45 MIN)	ZUMBA ERICK (50 MIN) REFORMER PILATES DILIA (45 MIN)	BODYPUMP HAMZA (45 MIN)	AQUA BIKE ERICK (50 MIN) PAID CLASS REFORMER PILATES FARIBA (45 MIN)	OUTDOOR GYM CORE VASIL (45 MIN) YOGA ISHA (50 MIN)	ZUMBA ERICK (50 MIN)
09:15	ZUMBA ERICK (50 MIN)	ZUMBA BELLY DANCE ERICK (50 MIN)					
09:30		REFORMER PILATES ALICE (45 MIN)			BODYPUMP RANIA (60 MIN)		REFORMER PILATES SOFIA (45 MIN)
09:45				J CONDITION HAMZA (60 MIN)			
10:00			ASHTANGA YOGA SONALI (60 MIN) REFORMER PILATES ALICE (45 MIN)			BOOTCAMP VASIL (45 MIN) REFORMER PILATES FARIBA (45 MIN)	AQUA GX ERICK (50 MIN)
10:15	AQUA BIKE ERICK (50 MIN) POWER PILATES ALICE (60 MIN)	AQUA GX ERICK (50 MIN)					
10:30		REFORMER PILATES ALICE (45 MIN)			ZUMBA ERICK (50 MIN)		POWER PILATES SOFIA (60 MIN)
11:30	REFORMER PILATES ALICE (45 MIN)						
16:00				KIDS YOGA (5-12 y) DONNY (45 MIN) TRX EBRA (60 MIN)	KIDS ZUMBA (5-12 y) DONNY (45 MIN)		ZUMBA ERICK (50 MIN)
17:00	BODYPUMP RICHARD (50 MIN)		VIRTUAL RPM (60 MIN)			GLUTES & ABS ANTHONY (45 MIN)	
17:30		HIIT ANTONY (45MIN)			HIIT ANTONY (45MIN)		
18:00	BODYCOMBAT RICHARD (60 MIN)		STICK MOBILITY AURELIE (50 MIN)	BODYPUMP RICHARD (50 MIN)			
18:30					VIRTUAL BODYBALANCE (60 MIN)		
19:00	ZUMBA ERICK(50 MIN)	BARRE PILATES SOFIA (45 MIN) AQUA BIKE ERICK (50 MIN)	ZUMBA ERICK(50 MIN)	REFORMER PILATES FARIBA (45 MIN) YOGA ISHA (60 MIN)			
19:30	VIRTUAL DANCE (60 MIN)	BOOTCAMP VASIL (45 MIN)	GLUTE AND CORE VASIL (45 MIN)				
20:00		REFORMER PILATES SOFIA(45 MIN)					

- CARDIO.** IMPROVE YOUR CARDIOVASCULAR SYSTEM AND BURN CALORIES
- SHAPE/CONDITIONING.** SCULPT AND STRENGTHEN YOUR MUSCLES AND CHANGE THE SHAPE OF YOUR BODY
- BODY & MIND.** RELEASE STRESS, IMPROVE FLEXIBILITY AND STRENGTHEN YOUR CORE

To pre-book classes, call 04 366 6821 or email mjreception@thejclub.com
Please remember to bring a towel and a mat (if required) and arrive at least 5-min before class starts.

DECEMBER 2024

RACKET SPORTS TIMETABLE JUMEIRAH BEACH HOTEL / AL QASR



TENNIS - JUMEIRAH AL QASR

	MON	TUE	WED	THU	FRI	SAT	SUN
20:00 -22:00	ADVANCED ADULTS GROUP AED 210		INTERMEDIATE ADULTS GROUP AED 210				

TENNIS - JUMEIRAH BEACH HOTEL

20:00 -21:30			BEGINNER ADULTS GROUP AED 160				
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SQUASH WITH NIKKY HARRDINE - JUMEIRAH BEACH HOTEL

14:30 -16:00						FAMILY CLINIC INTERMEDIATE MIXED GROUP KIDS AED 35 ADULTS AED 65	
15:30 -17:00							FAMILY CLINIC INTERMEDIATE MIXED GROUP KIDS AED 35 ADULTS AED 65
17:00 -20:00	MENS CLINIC ADVANCED ADULTS GROUP AED 35	MIXED CLINIC INTERMEDIATE ADULTS GROUP AED 65		MENS CLINIC ADVANCED ADULTS GROUP AED 35		MENS CLINIC ADVANCED ADULTS GROUP AED 35	

ADVANCE BOOKING REQUIRED

Individual sessions are available; please coordinate directly with our trainers to arrange your appointments.
Kindly arrive at least 5-min before starts.



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NIKKY HARRDINE

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