



Sunday May 23rd – Saturday May 29th

Day	Time	Activity	Cost	Age Group	Location
SUNDAY	05:30-07:00	Beach Patrol* – <i>Reservation Essential</i>	Complimentary	> 12 y.o	Bodyism
	07:00-07:50	Bodyism Burn*	Complimentary	> 18 y.o	Bodyism
	09:00-10:00	Water Sports Kayak & SUP	Complimentary	All ages	Beach
	12:00-13:00	Bodyism Signature Advanced*	Complimentary	> 18 y.o	Bodyism
	15:00-15:45	Nurdle Hunt Emily	Complimentary	All ages	Pool Bar
	17:00-17:50	Bodyism Burn*	Complimentary	> 18 y.o	Bodyism
	19:30-20:00	Gentle Flow*	Complimentary	> 18 y.o	Bodyism
MONDAY	07:00-07:50	Bodyism Warrior*	Complimentary	> 18 y.o	Bodyism
	09:00-10:00	Water Sports Kayak & SUP	Complimentary	All ages	Beach
	08:00-09:00	Energy Flow Yoga*	Complimentary	> 18 y.o	Bodyism
	09:00-10:00	Bodyism Sculpt*	Complimentary	> 18 y.o	Bodyism
	12:00-13:00	For Your Best Skin Ever	Complimentary	> 18 y.o	Spa
	19:15-20:00	Bodyism Signature Advanced*	Complimentary	> 18 y.o	Bodyism
TUESDAY	07:00-07:50	Bodyism Signature Advanced*	Complimentary	> 18 y.o	Bodyism
	08:00-08:50	Bodyism Burn*	Complimentary	> 18 y.o	Bodyism
	09:00-10:00	Water Sports Kayak & SUP	Complimentary	All ages	Beach
	12:00-13:00	Bodyism Signature Advanced*	Complimentary	> 18 y.o	Bodyism
	12:00-13:00	For Your Best Skin Ever	Complimentary	> 18 y.o	Spa
	18:00-19:00	Sunset Flow*	Complimentary	> 18 y.o	Bodyism
WEDNESDAY	19:15-20:15	Bodyism Burn*	Complimentary	> 18 y.o	Bodyism
	07:00-07:50	Bodyism Burn*	Complimentary	> 18 y.o	Bodyism
	09:00-10:00	Bodyism Warrior*	Complimentary	> 18 y.o	Bodyism
	09:00-10:00	Water Sports Kayak & SUP	Complimentary	All ages	Beach
	12:00-13:00	For Your Best Skin Ever	Complimentary	> 18 y.o	Spa
	18:15-19:00	Bodyism Warrior*	Complimentary	> 18 y.o	Bodyism
THURSDAY	19:15-20:30	Power Yoga*	Complimentary	> 18 y.o	Bodyism
	05:30-07:00	Beach Patrol* – <i>Reservation Essential</i>	Complimentary	> 12 y.o	Bodyism
	07:00-07:50	Bodyism Warrior*	Complimentary	> 18 y.o	Bodyism
	09:00-10:00	Water Sports Kayak & SUP	Complimentary	All ages	Beach
	12:00-13:00	For Your Best Skin Ever	Complimentary	> 18 y.o	Spa
	15:30-16:00	Swimming Class*	Complimentary	3-7 y.o	Family Pool
FRIDAY	16:00-17:00	Badminton, Smash'N'Splash	Complimentary	All ages	Family Pool
	17:30-18:30	Aqua Zumba	Complimentary	All ages	Adult Pool
	05:30-07:00	Beach Patrol* – <i>Reservation Essential</i>	Complimentary	> 12 y.o	Bodyism
	09:00-10:00	Water Sports Kayak & SUP	Complimentary	All ages	Beach
	10:30-11:30	Bodyism Warrior*	Complimentary	> 18 y.o	Bodyism
	12:00-13:00	For Your Best Skin Ever	Complimentary	> 18 y.o	Spa
SATURDAY	15:00-15:30	Nurdle Hunt Emily	Complimentary	All ages	Pool Bar
	16:00-17:00	Badminton, Smash'N'Splash	Complimentary	All ages	Family Pool
	18:00-19:00	Sunset Flow*	Complimentary	> 18 y.o	Bodyism
	05:30-07:00	Beach Patrol* – <i>Reservation Essential</i>	Complimentary	> 12 y.o	Bodyism
	09:00-10:00	TRX Ninja*	Complimentary	All ages	The Beach
10:00-11:00	Bodyism Burn*	Complimentary	> 18 y.o	Bodyism	
10:00-10:30	Nurdle Hunt Emily	Complimentary	All ages	Pool Bar	
11:00-12:00	Badminton, Smash'N'Splash	Complimentary	All ages	Family Pool	
12:00-13:00	For Your Best Skin Ever	Complimentary	> 18 y.o	Spa	

See Bodyism daily schedule for other classes at a special price of AED 50 per class for JSI guests.

FACILITIES:

- Beach & Lawn games are available for in-house guest use throughout the day from the Family Pool
- Jumeirah Collection Retail Shop
- Family, Adults & Kids outdoor pools
- SPA & Hammam
- Sauna & Steam Room
- Salt room
- Hydropool
- Gym
- Ladies only gym
- Private Training room
- Tennis court

SOME MORE?

- On call Tennis coach – various packages available.
- 1 on 1 Swimming lessons
- Personal Training @ Bodyism
- External Tours & Excursions can be booked with the Hospitality desk at the lobby.

PLEASE REMEMBER:

- Program may change due to weather conditions and/or number of participants.
- Activities listed with * require 12 hour advance reservation – bookings through ext. 4366

OPENING HOURS:

- SPA 10:00 AM TO 08:00 PM Ext: 4356
- BODYISM 24 HOURS (in-house use only) Ext: 4366
- KIDS CLUB 9:00 AM TO 18:00 PM, THU-SAT Ext. 4368
 - Advance reservation is required for ALL Kids Club sessions, spaces are limited due to COVID-19 Restrictions.
- JUMEIRAH COLLECTION 9:00 AM TO 18:00 PM, THU-SAT Ext: 4369
- CONCIERGE 24/7 Ext: 4520

Have a Wonderful Holiday!