

JANUARY 2025

GROUP EXERCISE TIMETABLE AT JUMEIRAH BEACH HOTEL



OUTDOOR GYM							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
08:15				J CONDITION BURHON (45 MIN)			

WELNESS - STUDIO 1							
07:00					POWER YOGA ISHA (60 MIN)		
08:15	J CONDITION LARRY (45 MIN)	ASHTANGA YOGA SONALI (75 MIN)	YOGA KAJAL (60 MIN)		J CONDITION LARRY (45 MIN)		
08:30							
09:00				ZUMBA ERICK (50 MIN)		BOOTCAMP LARRY (50 MIN)	
09:30	YOGA KAJAL (60 MIN)						
10:00		MAT PILATES SARA (60 MIN)	MAT PILATES SARA (60 MIN)	POWER PILATES ALICE (60 MIN)		ZUMBA ERICK (50 MIN)	
11:00						ABS & CORE ERIC (60 MIN)	
17:00	ZUMBA ERICK (50 MIN)		ZUMBA ERICK (50 MIN)				

HIGHT IMPACT - STUDIO 2							
08:30	BURN RANIA (60 MIN)		BODYPUMP GABRIELLA (60 MIN)				
09:00					BODYPUMP HAMZA (60 MIN)		BODYPUMP RANIA (60 MIN)
09:30	STICK MOBILITY RANIA (60 MIN)		GLUTES & ABS GABRIELLA (45 MIN)				
09:45		BODYPUMP RANIA (60 MIN)		BOXFIT RANIA (60 MIN)			
10:00					CORE HAMZA (60 MIN)		

CYCLING STUDIO - STUDIO 3							
08:30		RPM RANIA (50 MIN)	RPM PAULA (50 MIN)	GEAR CYCLING RANIA (50 MIN)			
10:00							RPM RANIA (50 MIN)

GYM FLOOR - TRX ZONE							
09:15			TRX LARRY(45 MIN)				
12:15					TRX LARRY(45 MIN)		

REFORMER PILATES STUDIO							
08:00	REFORMER PILATES SARA (50 MIN)		REFORMER PILATES SARA (50 MIN)		REFORMER PILATES SARA (50 MIN)		
09:00	REFORMER PILATES SARA (50 MIN)	REFORMER PILATES SARA (50 MIN)	REFORMER PILATES SARA (50 MIN)	REFORMER PILATES SARA (50 MIN)	REFORMER PILATES SARA (50 MIN)		
10:00				REFORMER PILATES SARA (50 MIN)	REFORMER PILATES SARA (50 MIN)		
10:30	REFORMER PILATES SARA (50 MIN)						
11:00		REFORMER PILATES SARA (50 MIN)	REFORMER PILATES SARA (50 MIN)	REFORMER PILATES SARA (50 MIN)	REFORMER PILATES SARA (50 MIN)		
11:30	REFORMER PILATES SARA (50 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 04 406 8872 or email info@thejclub.com
 Please remember to bring a towel and a mat (if required) and arrive at least 5-min before class starts.

JANUARY 2025

KIDS GROUP EXERCISES TIMETABLE JUMEIRAH BEACH HOTEL



HIGHT IMPACT - STUDIO 2

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
09:00							KIDS CORE 5 - 12 Y BURHON (45 MIN)
10:00						KIDS BOXING 5 - 11 Y BURHON (60 MIN)	
11:00						KIDS MOBILITY 5 - 12Y BURHON (45 MIN)	
16:30			KIDS SPORTS GAMES 5 - 11 Y BURHON(60 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 04 406 8872 or email info@thejclub.com
Please remember to bring a towel and a mat (if required) and arrive at least 5-min before class starts.

JANUARY 2025

RACKET SPORTS TIMETABLE

JUMEIRAH BEACH HOTEL / AL QASR



TENNIS - JUMEIRAH AL QASR

TIME	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				
--------------	--	--	-------------------------------------	--	--	--	--

SQUASH WITH NIKKY HARRDINE - JUMEIRAH BEACH HOTEL

14:30 -16:00						FAMILY CLINIC INTERMEDIATE MIXED GROUP KIDS AED 55 ADULTS AED 85	
15:30 -17:00							FAMILY CLINIC INTERMEDIATE MIXED GROUP KIDS AED 55 ADULTS AED 85
17:00 -20:00	MENS CLINIC ADVANCED ADULTS GROUP AED 85	MIXED CLINIC INTERMEDIATE ADULTS GROUP AED 85		MENS CLINIC ADVANCED ADULTS GROUP AED 85		MENS CLINIC ADVANCED ADULTS GROUP AED 85	
18:00 -21:00			MIXED CLINIC ADVANCED ADULTS GROUP AED 85				

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.



MOURATOGLOU TENNIS CENTER
+971 50 316 9180



NIKKY HARRDINE
+971 50 450 7762