

# JUMEIRAH

MESSILAH BEACH

## SPORTS AND LEISURE ADULTS' ACTIVITIES - APRIL 1 - 14 2025

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
08:00 - 08:45	CIRCUIT Amila		BODY WEIGHT TRAINING Amila	KETTLEBELL Edwin			
09:00 - 09:45		YOGA Hala		YOGA Hala	CIRCUIT Amila	YOGA Hala	YOGA Hala
10:00-10:45	CORE Hussein	PILATES Hala	STRETCHING & ABS Amila	PILATES Hala	BARRE SCULPT ( LADIES ONLY ) Mosi	PILATES Hala	PILATES Hala
11:00-11:45						BODY PUMP Amila	TABATA Mosi
12:00 - 12:45							
13:00 - 13:45							
14:00 - 14:45							
15:00 - 15:45							
16:00 - 16:45	CIRCUIT Hussein		TABATA Hussein				
17:00 - 17:45		KETTLEBELL Edwin	SPINNING Mosi	MILITARY BOOTCAMP Mosi		MOBILITY Mosi	BARRE SCULPT ( LADIES ONLY ) Mosi
18:00 - 18:45	HIIT Edwin		PILATES Hala		PILATES Hala	CORE & LOWER BODY Edwin	CORE & LOWER BODY Edwin
19:00 - 19:45			YOGA Hala		YOGA Hala		

**Kindly note the following:**

- Booking your classes in advance is always required. Our team at the Health Club reception will be more than happy to assist you.
- The class will be cancelled after 15-minute from its starting time in case nobody shows up.
- A minimum number of 2 participants is required to run the class.
- Class timing is subject to change or cancel based on the weather conditions.

# JUMEIRAH

MESSILAH BEACH

## SPORTS AND LEISURE ADULTS' ACTIVITIES - APRIL 15 - 30 2025

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
08:00 - 08:45	CIRCUIT Amila		BODY WEIGHT TRAINING Amila	KETTLEBELL Edwin			
09:00 - 09:45		YOGA Hala		YOGA Hala	CIRCUIT Amila	YOGA Hala	YOGA Hala
10:00-10:45	CORE Hussein	PILATES Hala	STRETCHING & ABS Amila	PILATES Hala		PILATES Hala	PILATES Hala
11:00-11:45						BODY PUMP Amila	BODY PUMP Amila
12:00 - 12:45							
13:00 - 13:45							
14:00 - 14:45							
15:00 - 15:45							
16:00 - 16:45	CIRCUIT Hussein						
17:00 - 17:45		KETTLEBELL Edwin	TABATA Hussein		KETTLEBELL Edwin		CORE & LOWER BODY Edwin
18:00 - 18:45	HIIT Edwin		YOGA Hala		YOGA Hala	CORE & LOWER BODY Edwin	
19:00 - 19:45			PILATES Hala		PILATES Hala		

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# JUMEIRAH

MESSILAH BEACH

## SPORTS AND LEISURE KIDS' ACTIVITIES - APRIL 2025

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 - 10:45							
11:00-11:45						BOARD GAMES	PAINTING
12:00-12:45						FITNESS & SPORTS	OBSTACLE RACE
13:00 - 13:45						OBSTACLE RACE	FITNESS & SPORTS
14:00 - 14:45						COLORING	COLORING
15:00 - 15:45	COLORING	ORIGAMI	COLORING	DRAWING	ART & CRAFT		
16:00 - 16:45		PUZZLE GAME		PUZZLE GAME	COLORING	ORIGAMI	PUZZLE GAME
17:00 - 17:45	ART & CRAFT	COLORING	LEGO BUILDER	COLORING	PLAY DOUGH	DRAWING	ARTS & CRAFTS
18:00 - 18:45	PLAYDOUGH		BOARD GAME	ORIGAMI			
19:00 - 19:45	BOARD GAME	ART & CRAFT	PLAYDOUGH	KITCHEN PLAY	BOARD GAME	LEGO BUILDER	KITCHEN PLAY

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