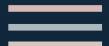
MAY 2025 GROUP EXERCISE TIMETABLE AT JUMEIRAH BEACH HOTEL



WELNESS - STUDIO 1									
TIME	MON	TUE	WED	THU	FRI	SAT	SUN		
07:00					POWER YOGA ISHA (60 MIN)				
08:15	J CONDITION LARRY (45 MIN)		YOGA KAJAL (60 MIN)		J CONDITION LARRY (45 MIN)				
08:30		ASHTANGA YOGA SONALI (60 MIN)							
09:00				ZUMBA ERICK (50 MIN)		BOOTCAMP LARRY (50 MIN)			
09:30	YOGA KAJAL (60 MIN)								
10:00		MAT PILATES SARA (60 MIN)	ZUMBA ERICK (50 MIN)	POWER PILATES ALICE (60 MIN)		ZUMBA ERICK (50 MIN)			
17:00	ZUMBA ERICK (50 MIN)		ZUMBA ERICK (50 MIN)						
			HIGHT IMPAC	ct - 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)					
		С	YCLING STUI	dio - studio	3				
08:30		GEAR CYCLING RANIA (60 MIN)		GEAR CYCLING RANIA (60 MIN)					
10:00							GEAR CYCLING RANIA (60 MIN)		
GYM FLOOR - TRX ZONE									
09:15			TRX LARRY(45 MIN)						
REFORMER PILATES STUDIO									
08:00		PAID CLASS (AED 200) 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.

MAY 2025 KIDS GROUP EXERCISES TIMETABLE JUMEIRAH BEACH HOTEL



HIGHT IMPACT - STUDIO 2

TIME	MON	TUE	WED	THU	FRI	SAT	SUN	
09:00						KIDS ZUMBA 5 -12 Y ERICK (45 MIN)		
10:00						KIDS BOXING 5 - 12Y IVAN (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

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MAY 2025 RACKET SPORTS TIMETABLE JUMEIRAH BEACH HOTEL / AL QASR



TIME	MON	TUE	WED	THU	FRI	SAT	SUN
20:00 -22:00	ADVANCED ADULTS GROUP AED 210		INTERMEDIATE ADULTS GROUP AED 210				
		Р	PADEL - JUMEI	rah al qasr	2		
19:00 -21:00	INTERMEDIATE ADULTS GROUP AED 165						
20:00 -22:00			INTERMEDIATE ADULTS GROUP AED 165				
		TEN	NIS - JUMEIRA	Н ВЕАСН НС	DTEL		
20:00 -21:30			BEGINNER ADULTS GROUP AED 160				
	sql	JASH WITH N	IKKY HARRDI	ne - Jumeira	Н ВЕАСН НС	TEL	
14:30 -16:00						FAMILY CLINIC INTERMEDIATE MIXED GROUP KIDS AED 55 ADULTS AED 80	
15:30 -17:00							FAMILY CLINIC INTERMEDIATE MIXED GROUP KIDS AED 55 ADULTS AED 80
17:00 -20:00	MENS CLINIC ADVANCED ADULTS GROUP AED 80	MIXED CLINIC INTERMEDIATE ADULTS GROUP AED 80		MENS CLINIC ADVANCED ADULTS GROUP AED 80		MENS CLINIC ADVANCED ADULTS GROUP AED 80	
18:00 -21:00			MIXED CLINIC ADVANCED ADULTS GROUP AED 80				

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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