

# JUMEIRAH

## MESSILAH BEACH

### SPORTS AND LEISURE ADULTS' ACTIVITIES - AUGUST 2025

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
08:00 - 08:45							
09:00 - 09:45		MEDITATION Mosi			PILATES REFORMER - Cardio Studio Batool	MOBILITY Mosi	STRETCHING & FLEXIBILITY Mosi
10:00-10:45	TABATA Hussein	BARRE SCULPT ( LADIES ONLY ) Mosi	CIRCUIT Hussein	KETTLEBELL Edwin	YOGA - CREW LOUNGE Batool	BARRE SCULPT (MIX) Mosi	TABATA Mosi
11:00-11:45						YOGA - CREW LOUNGE Batool	
12:00 - 12:45							
13:00 - 13:45							
14:00 - 14:45							
15:00 - 15:45							
16:00 - 16:45							
17:00 - 17:45		CORE & LOWER BODY Edwin	SPINNING Mosi	MILITARY BOOTCAMP Mosi	KETTLEBELL Edwin	CORE & LOWER BODY Edwin	HIIT Edwin
18:00 - 18:45	HIIT - Cardio Studio Edwin	PILATES REFORMER - Cardio Studio Batool		YOGA - CREW LOUNGE Batool			
19:00 - 19:45							

**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 KIDS' ACTIVITIES - AUGUST 2025

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 - 10:45							
11:00-11:45						COLORING	BOARD GAMES
12:00-12:45							
13:00 - 13:45						BOARD GAMES	MUSICAL CHAIR
14:00 - 14:45							
15:00 - 15:45	COLORING	ORIGAMI	LEGO BUILDER	ARTS & CRAFTS	MINUTE TO WIN	MUSICAL CHAIR	ORGAMI
16:00 - 16:45							
17:00 - 17:45	KITCHEN PLAY	PLAY DOUGH	BOARD GAMES	ORIGAMI	PUZZLE GAME	BOARD GAMES	COLORING
18:00 - 18:45							
19:00 - 19:45	MEMORY GAME	MUSICAL CHAIR	PYRAMID BUILDER	MUSICAL CHAIR	HULA HOP	KITCHEN PLAY	HULAHOP

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