

JUMEIRAH

MESSILAH BEACH

SPORTS AND LEISURE KIDS' ACTIVITIES - JULY 2024

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 - 10:45							
11:00-11:45						BOARD GAMES	PAINTING
12:00-12:45						OBSTACLE RACE	OBSTACLE RACE
13:00 - 13:45							
14:00 - 14:45						FITNESS & SPORTS	FITNESS & SPORTS
15:00 - 15:45	COLORING		COLORING		ARTS & CRAFTS		
16:00 - 16:45	BLOCKS & LEGOS	ARTS & CRAFTS	ARTS & CRAFTS	COLORING			
17:00 - 17:45		COLORING		BLOCKS & LEGOS	MEMORY GAMES	BLOCKS & LEGOS	MEMORY GAMES
18:00 - 18:45	BOARD GAMES		ENGINEERING		ORIGAMI	ENGINEERING	ORIGAMI
19:00 - 19:45	ORIGAMI	MATCH THE SHAPE	BLOCKS & LEGOS	BOARD GAMES		ORIGAMI	BOARD GAMES

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 - July 2024

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
08:00 - 08:45	CIRCUIT Amila		CIRCUIT Amila				
09:00 - 09:45	PILATES Rouby	BODY PUMP Amila	STRETCHING & FLEXIBILITY Rouby	PILATES Rouby	STRETCHING & FLEXIBILITY Rouby	BODY PUMP Amila	CIRCUIT Amila
10:00-10:45						POWER YOGA Rouby	POWERYOGA Rouby
11:00-11:45						MOBILITY Mosi	TABATA Mosi
12:00 - 12:45							
13:00 - 13:45							
14:00 - 14:45	ZUMBA (LADIES ONLY) Rouby		ZUMBA (LADIES ONLY) Rouby		ZUMBA (LADIES ONLY) Rouby		
15:00 - 15:45							
16:00 - 16:45			MOBILITY Mosi				BARRE SCULPT Mosi
17:00 - 17:45	HIIT WORKOUT Edwin		SPINNING Mosi		MOBILITY Mosi	MEDITATION Mosi	CORE Edwin
18:00 - 18:45				TABATA Mosi	CORE & LOWER BODY Edwin	CORE & LOWER BODY Edwin	
19:00 - 19:45		CORE & LOWER BODY Edwin					

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