

# JUMEIRAH

## MESSILAH BEACH

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

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
08:00 - 08:45	CIRCUIT Amila		CIRCUIT Amila	TABATA Hussein			
09:00 - 09:45		YOGA Hala		YOGA Hala	CIRCUIT TRAINING Hussein	YOGA Hala	YOGA Hala
10:00-10:45		PILATES Hala	STRETCHING & ABS Amila	PILATES Hala	BARRE SCULPT ( LADIES ONLY ) Mosi	PILATES Hala	MAT 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	CORE Hussein		CIRCUIT TRAINING Hussein	CORE & LOWER BODY Edwin			
17:00 - 17:45	HIIT Edwin	BARRE SCULPT LADIES ONLY Mosi	SPINNING Mosi	MILITARY BOOTCAMP Mosi	KETTLEBELL Edwin	MOBILITY Mosi	CORE & LOWER BODY Edwin
18:00 - 18:45			MAT PILATES Hala		PILATES Hala	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 KIDS' ACTIVITIES - MAY 2025

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 - 10:45							
11:00-11:45						PASS THE BALL COMPETITION	ORIGAMI
12:00-12:45							
13:00 - 13:45						KITCHEN PLAY	PLAYDOUGH
14:00 - 14:45							
15:00 - 15:45	BOARD GAME	ORIGAMI	COLLECT CUP & MAKE PYRAMID	ORIGAMI	COLORING	MUSICAL CHAIR	COLLECT CUP & MAKE PYRAMID
16:00 - 16:45							
17:00 - 17:45	MEMORY GAME	PUZZLE GAME	BOARD GAME	ART & CRAFT	BOARD GAME	ORIGAMI	BOARD GAMES
18:00 - 18:45							
19:00 - 19:45	ORIGAMI	COLORING	LEGO BUILDER	PLAY DOUGH	ORIGAMI	COLORING	MUSICAL CHAIR

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