

JUMEIRAH

MESSILAH BEACH

SPORTS AND LEISURE ADULTS' ACTIVITIES - SEPTEMBER 2024

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

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.

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SPORTS AND LEISURE KIDS' ACTIVITIES - SEPTEMBER 2024

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	FITNESS & SPORTS
13:00 - 13:45						OBSTACLE RACE	OBSTACLE RACE
14:00 - 14:45							
15:00 - 15:45	COLORING		COLORING	COLORING			
16:00 - 16:45		ORIGAMI	PLAY DOUGH		ART & CRAFT	LEGO BUILDER	COLORING
17:00 - 17:45	ART & CRAFT	COLORING		DRAWING	LEGO BUILDER	ORIGAMI	ARTS & CRAFTS
18:00 - 18:45	PLAYDOUGH	LEGO BUILDER	ORIGAMI	PLAYDOUGH	PLAY DOUGH		
19:00 - 19:45	BOARD GAME	ART & CRAFT	ENGINEERING	BOARD GAMES	COLORING	BOARD GAME	LEGO BUILDER

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