

Talise Movement Timetable

MAY 2025

TALISE
SPA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				Sunrise Yoga 7:00 - 7:45		
	Reformer Pilates 8:30 - 9:15 9:30 - 10:15 (Female Only)		Reformer Pilates 8:30 - 9:15 9:30 - 10:15 (Female Only)		Yin Yoga 8:30 - 9:30	Detox Yoga 8:30 - 9:30
					Reformer Pilates 9:00 - 9:45	
	Yin Yoga 18:30 - 19:30	Vinyasa Flow Yoga 18:30 - 19:15	Sunset Hatha Yoga 18:30 - 19:30	Power Yoga 18:30 - 19:15	Sunset Hatha Yoga 18:30 - 19:30	Moonrise Meditation & Yoga 18:30 - 19:30
		Silent Night Meditation 19:30 - 20:00		Silent Night Meditation 19:30 - 20:00		
		Reformer Pilates 19:00 - 19:45 20:00 - 20:45				

Sunset Hatha Yoga
Flow, breathe, and unwind as the sun sets with an energising session of sun salutations, mindful breathing, and calming postures, all guided by the soothing ocean breeze.
Location: Yoga Garden, Talise Spa, Madinat Jumeirah

Moonrise Meditation & Yoga
Awaken your senses, clear your mind in a session that grounds you, connects you with the moon’s transformative energy, and empowers your intentions through soothing asanas.
Location: Yoga Garden, Talise Spa, Madinat Jumeirah

Detox Yoga
A flowing yoga practice using different asanas to support detoxification, particularly twists and bends that stimulate the organs.
Location: Yoga Garden, Talise Spa, Madinat Jumeirah

Yin Yoga
A relaxing slow-paced style with postures that are held for longer periods of time, working on connective tissues to improve circulation in joints.
Location: Yoga Garden, Talise Spa, Madinat Jumeirah

Vinyasa Flow
Vinyasa yoga harmonises movement with breath, guiding you through graceful transitions from one pose to the next, flowing with each inhale and exhale. Leaving you feel energised and balanced.
Location: Yoga Garden, Talise Spa, Madinat Jumeirah

Power Yoga
A dynamic, fast-paced practice that builds strength, enhances endurance, and burns calories. With a focus on breath and movement, it offers an excellent cardio and strength workout.
Location: Yoga Garden, Talise Spa, Madinat Jumeirah

Sunrise Yoga
Perfect for those beginning their yoga journey, this gentle-paced session offers clear, mindful guidance through foundational postures and breathwork - nurturing balance, strength, and inner awareness from the very first flow.
Location: Yoga Garden, Talise Spa, Madinat Jumeirah

Full Moon Yoga
Practice under the full moon and let the soothing sounds of the gently lapping waves relax you, allowing you to feel grounded and fulfilled.
Date: Tuesday, 13 May 2025
Time: 19:30 onwards
Price: AED 120 per person
Location: Beach by the Celeste Pool, Jumeirah Al Qasr

Silent Night Meditation
Immersive therapeutic experience utilising singing bowl vibrations to release tension and promote healing of both mind and body.
Location: Yoga Garden, Talise Spa, Madinat Jumeirah

Reformer Pilates
Unlock the power of mind-body connection with Neuro Pilates led by our certified instructor. This practice combines the principles of Pilates with neuroscience to enhance physical strength, mental focus and overall well-being.
Location: Reformer Pilates Studio, Talise Spa, Madinat Jumeirah

Group Yoga
Group Class: AED 95 per session
Group Yoga Class and Silent Meditation: AED 140 per session
Group Class Package - 10 sessions: AED 855
Unlimited Yoga Group Class Package: AED 1,100 per month
J Club Members: AED 60 per single class.

Reformer Pilates
Reformer Pilates Group Class: AED 250
Private Pilates Class: AED 500 per session (classes available upon request)
Group Class Package - 10 sessions: AED 2,500*

***Valid for 6 weeks from the day of the 1st class.**
Maximum capacity per group class is 4 guests.
Advance booking is required

For more information and reservation, please contact:
+971 4 366 6818 or email mjtalise@jumeirah.com