



MANDARIN ORIENTAL
JUMEIRA DUBAI

WELLNESS CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MO SILENT STRENGTH 8:00 AM 30 minutes	MO-VE POWER 8:00 AM 30 minutes	MO-BILITY & FORCE 07:00 AM 30 minutes		MO BOX FIT 8:00 AM 30 minutes		
		MO-MENT of CALM 9:00 AM 45 minutes	MO XPRESS HITT 10:00 AM 30 minutes		AQUA MO-VE 10:00 AM 30 minutes	MO-RNING ZEN 9:00 AM 45 minutes

Private Sessions

Personal Training (\$) 60 minutes	Private Class (\$) 60 minutes	Assisted Stretching (\$) 30 & 60 minutes Yoga (\$) 60 minutes	Swimming Lessons (\$) Adults One hour Children 45 minutes	Junior Lifeguard Program (\$) 90 minutes
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(\$) - represents a chargeable class experience

For more information, please call +971 4 777 2222 or email modub-fitness@mohg.com.

MO-VE Power

Description:

A strength-based workout focused on building power, endurance, and full-body conditioning using functional movements. Great for improving overall fitness and energy.

Trainer(s): Anna, Feku

MO Silent Strength

Description:

A low-impact strength class that emphasizes control, muscle engagement, and mindful movement—quiet on joints but strong on results.

Trainer(s): Feku

MO-Bility & Force

Description:

A balanced class combining mobility, flexibility, and strength to improve movement quality, stability, and controlled power.

Trainer: Houcine

Aqua MO-VE

Description:

A water-based workout designed to boost cardiovascular fitness and muscle tone while being gentle on the joints—ideal for all fitness levels.

Trainer: Lifeguard

MO Xpress HIIT

Description:

A fast-paced, high-intensity interval training class focused on burning calories, increasing stamina, and maximizing results in a short time.

Trainer: Houcine

MO Box Fit

Description:

A high-energy boxing-inspired workout that improves cardio fitness, coordination, and strength through punches, footwork, and conditioning drills.

Trainer: Houcine

MO-ment of Calm

Description:

A relaxation and mindfulness yoga to help slow down, release stress, and reconnect with inner peace. Focuses on deep relaxation, breathing, and gentle movement restoring both body and mind.

Trainer: Dinara

MO-Rning Zen

Description:

A gentle, mindful yoga that helps start the day feeling calm, refreshed, and energized. Perfect for all fitness levels, focuses on breathing, light movement, and mental clarity.

Trainer: Dinara