



MANDARIN ORIENTAL

JUMEIRA DUBAI

Wellness Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MO- FORGE 8:00 AM 30 minutes	MO ENDURANCE 8:00 AM 30 minutes			MO KICKBOXING 7:00 AM 30 minutes		
		MO RESET 9:00 AM 30 minutes	MO FIT 10:00 AM 30 minutes		AQUA MO-TION 10:00 AM 30 minutes	MO-RNING ZEN 9:00 AM 45 minutes
	MO - BUILD 5 PM 30 minutes			MO - FORGE 5 PM 30 minutes		MO MARTIAL ARTS 3 PM (\$) 45 minutes (5-16 yrs old)

Private Sessions

Personal Training (\$) 60 minutes	Private Class (\$) 60 minutes (Yoga, Boxing, Taekwondo, Kick Boxing)	Assisted Stretching (\$) 30 & 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-BUILD

Description:

is focused 30-minute full body strength targeting different muscle group. It's designed to build strength, improve stability and boost the overall Fitness. No experience required

Trainer(s): Feku

MO FORGE

Description:

is focused 30-minute advanced strength and power workout using weights combining heavy carries, press and explosive movement. This high intensity class is designed to build strength, power and conditioning.

Trainer(s): Feku

AQUA MO-TION

Description:

Low-impact water workout designed to improve cardiovascular fitness, muscle tone, and coordination while being gentle on the joints and suitable for all fitness levels.

Trainer: Swimming Instructor

MO FIT

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 ENDURANCE

Description:

A high-energy, full-body workout combining dumbbell strength exercises with intense cardio intervals to improve cardiovascular endurance, build strength, and maximize calorie burn. Suitable for different fitness levels, with low-impact modifications available.

Trainer: Dinara

MO KICKBOXING

Description:

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

Trainer: Houcine

MO-RESET

Description:

A structured breathing exercise that uses slow, controlled breaths and relaxed pauses to release tension, improve breath awareness, and restore efficient nasal breathing.

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

MO MARTIAL ARTS \$

Description:

Kids and teens fun and stimulating training programme including a variety of martial arts classes such as Taekwondo and Kickboxing. Younger participants will learn effective defence techniques and build self-confidence and discipline, all in a safe, supportive, and high-energy environment.

Trainer: Houcine