



MANDARIN ORIENTAL
JUMEIRA
DUBAI

FITNESS CLASS TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MO BOX 10:00 AM	MO MAX 10:00 AM MO CORE 1:30 PM	MO DANCE 10:00 AM	MO BOX 10:00 AM MO CORE 1:30 PM	MO MAX 10:00 AM	MO YOGA 9:00 AM KIDS MO YOGA (5-16 yrs) 1:00 PM (\$)	MO YOGA 9:00 AM KIDS TAEKWONDO (5-16 yrs) 3:00 PM (\$)
MO MAX 6:00 PM	MO BOX 6:00 PM	MO YOGA 6:00 PM	MO MAX 6:00 PM	MO BOX 6:00 PM	MO MAX 6:00 PM	MO BOX 6:00 PM

For further class descriptions, please speak with one of our Fitness team.

(\$) – Represents a chargeable class experience (150 AED per child)