THE

PEARL

SPA

JUMEIRAH

# THE WELLNESS MOVEMENT

## SUNDAY

| TIME | CLASS | PRACTITIONER |
|---|---|---|
| 11:00 AM | FULL BODY BUILD & BURN | Kingsley |
| 6:00 PM | AERIAL YOGA | Netto |

## MONDAY

| | | |
|---|---|---|
| 9:00 AM | AWAKEN & ALIGN | Netto |

## TUESDAY

| | | |
|---|---|---|
| 10:00 AM | FULL BODY BUILD & BURN | Kingsley |

## WEDNESDAY

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|---|---|---|
| 11:00 AM | BOOTCAMP | Kingsley |
| 3:00 PM | PILATES CORE STRENGTH | Kingsley |
| 7:00 PM | LADIES TENNIS SOCIAL | Anna |

## THURSDAY

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|---|---|---|
| 8:00 AM | LADIES PADEL SOCIAL | Anna |
| 11:00 AM | TRX STRONG | Kingsley |
| 6:00 PM | SUNSET RESET | Netto |

## FRIDAY

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|---|---|---|
| 9:00 AM | AWAKEN & ALIGN | Netto |
| 2:00 PM | FOUNDATION PILATES | Kingsley |

## SATURDAY

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|---|---|---|
| 10:00 AM | BOOTCAMP | KINGSLEY |
| 3:00 PM | MAT PILATES | KINGSLEY |

Our classes are open for a maximum of 10 participants to ensure safety and enjoyment of the experience.

Booking Process and Rates: All classes are AED 115 per person.

Due to limited availability, please contact The Pearl Spa and Wellness Reception in advance to reserve your slot – 4 hours

Cancellation Policy: If there are no reservations, the class may be cancelled 4 hours prior to the session.

Outdoor classes are weather dependent and may be relocated or cancelled.

**Suitable for beginner and advanced beginner levels. This ladies-only session is 60 minutes and costs AED 160 per person. Advance registration is required.**

Workout essentials, including shoes, shirts, and pants, are available to borrow at the gym.

@thepearlspauae @FSDubai



## LADIES TENNIS AND PADEL SOCIAL

Discover the world of padel or tennis and build your confidence on the court in a welcoming setting. Improve your technique, footwork and agility with guidance from our coaches and the chance to enjoy social play. Suitable for beginner and advanced beginner levels.

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## MAT PILATES

A focused, low-impact workout that strengthens the core, improves posture, and enhances flexibility. Using controlled movements and mindful breathing, this class tones the body, stabilizes muscles, and promotes overall body awareness.

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## TRX STRONG

With the support of the TRX Suspension Straps, this class leverages gravity and body weight exercises to develop strength, balance, flexibility and core stability simultaneously.

## CORE & CONTROL

This Class focuses on strengthening the deep muscles of the core – including the abdominals, lower back, hips, and pelvic region. The goal of Core & Control is not only to improve strength and stability but also to enhance posture, flexibility, and balance.

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## FULL BODY BUILD & BURN

A high-energy interval training session that challenges your whole body. With alternating work and rest periods, the class combines strength and cardio moves to build endurance, burn calories, and improve overall fitness in a powerful and efficient way.

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## FOUNDATIONS PILATES

A gentle and accessible introduction to Mat Pilates. This class focuses on breath, alignment, and foundational movement patterns to build strength and confidence - perfect for beginners or anyone wanting to refine their form.

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## PILATES CORE STRENGTH

This Workout will train your pelvis muscles, lower back, hips, and abdomen to work in harmony. This leads to better balance and stability, whether on the playing field or in daily activities.

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## BOOTCAMP

A high-intensity, CrossFit-inspired workout designed to push your limits. Expect functional movements, explosive exercises, and endurance challenges that target your full body. Train hard, build strength, and test your stamina in this adrenaline-packed, beach-ready session.

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## STEP & STRENGTH

A dynamic, full-body workout that combines step-based cardio with strength training. Boost endurance, tone muscles, and elevate your heart rate in a fun, high-energy session that challenges your whole body.

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## AERIAL YOGA

Aerial yoga is a great way to connect with your body and mind. It combines traditional yoga with the use of a special hanging silk hammock. The hammock supports your weight, allowing you to move more freely and deeply into yoga poses. This can be very relaxing and meditative, as it allows you to let go of tension and gravity. It helps to improve your strength, flexibility, and balance. Let's challenge yourself to connect your body and mind with air element.

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## AWAKEN & ALIGN, SUNSET RESET YOGA

Yoga comes from the Sanskrit word "yuj," which means "union" or "to join" and can be traced back to northern India over 5,000 years ago. It is an ancient practice that involves physical poses, concentration, and deep breathing. The benefits of regular yoga practice are multiple such as promoting endurance, strength, relaxation, flexibility and well-being in general.

## NETTO THOMAS

Netto is an experienced guide leading seekers toward inner peace and a holistic approach to well-being. His journey began in India, where mystics unlocked the doorway to inner harmony and ignited his passion for holistic wellness.

This blossomed into a tapestry of knowledge encompassing Teacher Training in Yoga and Meditation, an Ayurveda Diploma, and mastery of Panchakarma and Western therapies.

Netto's expertise weaves Hatha Yoga, Vinyasa Yoga, Aerial Yoga, and meditation into a dynamic practice that liberates both body and mind through therapeutic movement and sound healing.

Reiki and crystal healing add shimmering threads to his approach, guiding guests to release emotional tension while building strength, flexibility, and inner peace.

His goal is to empower individuals to free their bodies and minds through dynamic and restorative yoga and meditation practices, as well as specialized rehabilitation trainings designed to support physical recovery and holistic wellness.





# KINGSLEY TIMOTHY

Kingsley is a dedicated and passionate personal trainer who has made it his life's mission to help individuals achieve their health and fitness goals.

Certified in personal training, nutrition, mobility, and Pilates, Kingsley is well-rounded in supporting guests throughout their wellness journey.

His path into fitness began with his own personal transformation, and he firmly believes that fitness goes beyond physical appearance - it's about overall well-being, self-confidence, and feeling good from within.

Kingsley's ultimate objective is not just to train bodies, but also to inspire minds. His approach to coaching is holistic, addressing both the physical and mental aspects of health.

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