DFC FITNESS HUB - SCHEDULE

DUBAI FITNESS CHALLENGE

FITNESS HUB NAME	THE DANUBE SPORTS WORLD 30X30 FITNESS HUB

WEEK 1 - 31 OCTOBER TO 6 NOVEMBER

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 OCTOBER	**1 NOVEMBER**	**2 NOVEMBER**	**3 NOVEMBER**	**4 NOVEMBER**	**5 NOVEMBER**	**6 NOVEMBER**
Free Padel Court Booking – 60 mins	Free Padel Court Booking – 60 mins	Free Padel Court Booking – 60 mins	Free Padel Court Booking – 60 mins	Free Padel Court Booking – 60 mins	Free Padel Court Booking – 60 mins	
11:00 AM –11:30 AM Free Padel Lesson - Adults (Beginners) Padel Court	11:00 AM –11:30 AM Free Padel Lesson - Adults (Beginners) Padel Court		8:00 AM to 10 AM Badminton Free Play Badminton Area			3:00 PM – 3:30 PM Free Padel Lesson - Kids Padel Court
11:30 AM – 12:00 PM Free Padel Lesson - Adults (Beginners) Padel Court	11:30 AM –12:00 PM Free Padel Lesson - Adults (Beginners) Padel Court	7:00 PM – 7:30 PM Free Padel Lesson - Adults (Beginners) Padel Court	6:30 PM – 7:00 PM Free Padel Lesson - Adults (Beginners) Padel Court	8:00 PM – 8:30 PM Free Padel Lesson - Adults (Beginners) Padel Court	8:00 PM – 8:30 PM Free Padel Lesson - Adults (Beginners) Padel Court	3:30 PM – 4:00 PM Free Padel Lesson - Kids Padel Court
		7:30 PM – 8:00 PM Free Padel Lesson - Adults (Beginners) Padel Court	7:00 PM – 7:30 PM Free Padel Lesson - Adults (Beginners) Padel Court	8:30 PM – 9:00 PM Free Padel Lesson - Adults (Beginners) Padel Court	8:30 PM – 9:00 PM Free Padel Lesson - Adults (Beginners) Padel Court	7:00 PM-8:30 PM D-/D Padel Socials Padel Area

BOOK VIA: **https://danubesportsworld.com/dubai-fitness-challenge/**

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DUBAI FITNESS CHALLENGE

FITNESS HUB NAME	THE DANUBE SPORTS WORLD 30X30 FITNESS HUB

WEEK 2 - 7 NOVEMBER TO 13 NOVEMBER

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7 NOVEMBER	**8 NOVEMBER**	**9 NOVEMBER**	**10 NOVEMBER**	**11 NOVEMBER**	**12 NOVEMBER**	**13 NOVEMBER**
Free Indoor Cricket Court Booking – 60 mins	Free Indoor Cricket Court Booking – 60 mins	Free Indoor Cricket Court Booking – 60 mins	Free Indoor Cricket Court Booking – 60 mins	Free Indoor Cricket Court Booking – 60 mins	Free Indoor Cricket Court Booking – 60 mins	Free Indoor Cricket Court Booking – 60 mins
					8:00 AM to 10 AM PickleballFree Play Pickleball Area	
7:00 PM – 7:30 PM Free Pickleball Lesson - Adults (Beginners) Pickleball Court	7:00 PM – 7:30 PM Free Pickleball Lesson - Adults (Beginners) Pickleball Court	4:30PM to 5:00PM Cricket – Power Hitting Class Cricket Pitch Ages 11-15	4:30PM to 5:00PM Cricket – Pace Bowling Cricket Pitch Ages 11-15	4:30PM to 5:00PM Cricket – Spin Bowling Cricket Pitch Ages 11-15	4:30PM to 5:00PM Cricket for Beginners Cricket Pitch Ages 7-11	4:30PM to 5:00PM Cricket for Beginners Cricket Pitch Ages 7-11
7:30 PM – 8 PM Free Pickleball Lesson - Adults (Beginners) Pickleball Court	7:30 PM – 8 PM Free Pickleball Lesson - Adults (Beginners) Pickleball Court	5:00PM to 5:30PM Cricket – Power Hitting Class Cricket Pitch Ages 11-15	5:00PM to 5:30PM Cricket – Pace Bowling Cricket Pitch Ages 11-15	5:00PM to 5:30PM Cricket – Spin Bowling Cricket Pitch Ages 11-15	5:00PM to 5:30PM Cricket for Beginners Cricket Pitch Ages 7-11	5:00PM to 5:30PM Cricket for Beginners Cricket Pitch Ages 7-11

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DUBAI FITNESS CHALLENGE

FITNESS HUB NAME	THE DANUBE SPORTS WORLD 30X30 FITNESS HUB

WEEK 3 - 14 NOVEMBER TO 20 NOVEMBER

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
14 NOVEMBER	**15 NOVEMBER**	**16 NOVEMBER**	**17 NOVEMBER**	**18 NOVEMBER**	**19 NOVEMBER**	**20 NOVEMBER**
Free Badminton Court Booking – 60 mins	8:00 PM – 9:30 PM Indoor Cricket Socials Cricket Pitch	Free Badminton Court Booking – 60 mins	Free Badminton Court Booking – 60 mins	Free Badminton Court Booking – 60 mins	Free Badminton Court Booking – 60 mins	Free Badminton Court Booking – 60 mins
			8:00 AM to 10 AM Football Free Play Football Area			
7:00 PM – 7:30 PM Free Pickleball Lesson - Adults (Beginners) Pickleball Court	7:00 PM – 7:30 PM Free Pickleball Lesson - Adults (Beginners) Pickleball Court	4:00 PM – 4:30 PM Free Badminton Lesson – Kids – Ages 7-9 Badminton Court	4:00 PM – 4:30 PM Free Badminton Lesson – Kids Ages 10-12 Badminton Court	4:00 PM – 4:30 PM Free Badminton Lesson – Kids Ages 12-15 Badminton Court	6:00 PM - 6:30 PM Free Badminton Lesson - Adults Badminton Courts	6:00 PM - 6:30 PM Free Badminton Lesson - Adults Badminton Courts
7:30 PM – 8 PM Free Pickleball Lesson - Adults (Beginners) Pickleball Court	7:30 PM – 8 PM Free Pickleball Lesson - Adults (Beginners) Pickleball Court	4:30 PM – 5:00 PM Free Badminton Lesson – Kids – Ages 7-9 Badminton Court	4:30 PM – 5:00 PM Free Badminton Lesson – Kids Ages 10-12 Badminton Court	4:30 PM – 5:00 PM Free Badminton Lesson – Kids Ages 12-15 Badminton Court	6:30 PM - 7:00 PM Free Badminton Lesson - Adults Badminton Courts	6:30 PM - 7:00 PM Free Badminton Lesson - Adults Badminton Courts

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DUBAI FITNESS CHALLENGE

FITNESS HUB NAME	THE DANUBE SPORTS WORLD 30X30 FITNESS HUB

WEEK 4 - 21 NOVEMBER TO 27 NOVEMBER

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
21 NOVEMBER	**22 NOVEMBER**	**23 NOVEMBER**	**24 NOVEMBER**	**25 NOVEMBER**	**26 NOVEMBER**	**27 NOVEMBER**
7:00 PM – 8 :30 PM Badminton Socials	8:00 AM to 8:00 PM Dubai Brokers Challenge	Free Football Booking – 60 mins	Free Football Booking – 60 mins	Free Football Booking – 60 mins	Free Football Booking – 60 mins	Free Football Booking – 60 mins
				8:00 AM to 10 AM Indoor Cricket Free Play Cricket Area		
		7:00 PM – 7:30 PM Free Ski Lessons – Adults Ski Slopes	7:00 PM – 7:30 PM Free Snow Board Lessons – Adults Ski Slopes	7:00 PM – 7:30 PM Free Ski Lessons – Adults Ski Slopes	5:00 PM – 5:30 PM Free Ski Lessons – Kids (5-10) Ski Slopes	5:00 PM – 5:30 PM Free Ski Lessons – Kids (10+) Ski Slopes
		7:30 PM – 8:00 PM Free Ski Lessons – Adults Ski Slopes	7:30 PM – 8:00 PM Free Snow Board Lessons – Adults Ski Slopes	7:30 PM – 8:00 PM Free Ski Lessons – Adults Ski Slopes	5:30 PM – 6:00 PM Free Ski Lessons – Kids (5-10) Ski Slopes	5:30 PM – 6:00 PM Free Ski Lessons – Kids (10+) Ski Slopes

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WEEK 5 - 28 NOVEMBER & 29 NOVEMBER

SATURDAY	SUNDAY
28 NOVEMBER	**29 NOVEMBER**
Free Football Booking- 60 mins	11:00 AM to 12:00 PM Football Socials
7:00 PM – 7:30 PM Free Ski Lessons – Kids (5-8) Ski Slopes	7:00 PM – 7:30 PM Free Ski Lessons – Adults Ski Slopes
7:30 PM – 8:00 PM Free Ski Lessons – Kids (5-8) Ski Slopes	7:30 PM – 8:00 PM Free Ski Lessons – Adults Ski Slopes

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