DFC FITNESS HUB - SCHEDULE

DUBAI FITNESS CHALLENGE

FITNESS HUB NAME	Dubai Internet City 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**
07:00 - 8:30 PINK RUN	07:00 Hatha Yoga 07:30 Hatha Yoga 8:00 Calisthenics Technique by ZD30				18:30 Reebok Burpee Challenge 19:00 Interval Run	18:30 Reebok Burpee Challenge
18:00 Reebok Burpee Challenge 18:30 Zumba 19:00 ATP Kickboxing	8:30 Team Based Competition Workout by ZD300 9:00: Opening flow yoga by Zoga	18:30 Reebok Burpee Challenge	18:30 Reebok Burpee Challenge	18:30 Reebok Burpee Challenge	19:30 Latin Dance	19:00 Social Run
19:30 ATP Functional Training 20:00 Reebok Burpee Challenge Finals	18:00 Reebok Burpee Challenge 18:30 Zumba	19:00 Hatha Yoga 19:30 Latin Dance	19:30 Mobility and Core	19:00 Military bootcamp 19:30 Cardio Calisthenics	20:00 Traditional Yoga	19:30 Latin Dance
20:30 Sound Healing 21:00 Mindfulness	19:00 Cardio Calisthenics 19:30 Traditional Yoga 20:00 Sound Healing 20:30 Breathwork	20:00 ATP Kickboxing	20:00 Hybrid Training 20:30 Zumba	20:00 Mobility	20:30 Sound Healing	20:00 Hatha Yoga 20:30 Breath work

BOOK VIA: https://dic.ae/the-community/events/fitness-hub

DFC FITNESS HUB - SCHEDULE

DUBAI FITNESS CHALLENGE

FITNESS HUB NAME	Dubai Internet City 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**
18:00 Reebok Burpee Challenge 18:30 Zumba	08:00 Calisthenic Technique 08:30 Team Based competition	18:30 Reebok Burpee Challenge	18:30 Reebok Burpee Challenge		08:00 Thai Chi in the Park by Zoga 08:30 Thai Chi in the Park by Zoga	18:30 Reebok Burpee Challenge
19:00 ATP Kickboxing 19:30 ATP Functional Training	18:30 Zumba 19:00 Cardio Calisthenic	19:00 Hatha Yoga	19:00 Tone & Flow Yoga 19:30 Mobility and Core	18:30 Reebok Burpee Challenge	18:30 Reebok Burpee Challenge	19:00 Social Run 19:30 Latin Dance
20:00 Reebok Burpee challenge (finals)	19:30 Traditional Yoga 20:00 Sound Healing and Meditation	19:30 Latin Dance	20:00 Hybrid Training	19:00 Military Botcamp	19:00 Interval Run 19:30 Latin Dance	20:00 Hatha Yoga
20:30 Sound Healing 21:00 Mindfulness	20:30 Breath Work	20:00 ATP Kickboxing	20:30 Zumba	19:30 Mobility	20:00 Hatha Yoga 20:30 Sound Healing	20:30 Breathwork

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DFC FITNESS HUB - SCHEDULE

DUBAI FITNESS CHALLENGE

FITNESS HUB NAME	Dubai Internet City 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**
18:00 Reebok Burpee Challenge 18:30 Zumba	07:00 Hatha Yoga 07:30 Hatha Yoga 8:00 Calisthenic technique		18:30 Reebok Burpee Challenge		18:30 Reebok Burpee Challenge	18:30 Reebok Burpee Challenge
19:00 ATP Kickboxing 19:30 ATP Functional training	08:30 Team Based Competition workout	18:30 Reebok Burpee Challenge 19:00 Hatha Yoga	19:00 Tone & Flow Yoga 19:30 Mobility and Core	18:30 Reebok Burpee Challenge	19:00 Interval Run 19:30 Latin Dance	19:00 Social Run
20:00 Reebok Burpee Challenge (Finals)	18:30 Zumba 19:00 Cardio Calisthenic	19:30 Latin Dance	20:00 Hybrid Training	19:00 Military Bootcamp	20:00 Ashtanga Yoga	19:30 Latin Dance
20:30 Sound Healing 21:00 Mindfulness	19:30Traditional Yoga 20:00 Sound Healing 20:30 Breathwork	20:00 ATP Kickboxing	20:30 Zumba	19:30 Cardio Calisthenics 20:00 Mobility	20:30 Sound Healing	20:00 Hatha Yoga 20:30 Breathwork

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DFC FITNESS HUB - SCHEDULE

DUBAI FITNESS CHALLENGE

FITNESS HUB NAME	Dubai Internet City 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**
18:00 Reebok Burpee Challenge 18:30 Zumba	8:00 Calisthenic technique 08:30 Team Based Competition workout					
19:00 ATP Kickboxing 19:30 ATP Functional training	9:00-10:00 Run, Recover, Reset by Zoga	19:00 Hatha Yoga	19:00 Tone & Flow Yoga 19:30 Mobility and Core	19:00 Military Bootcamp	19:00 Interval Run	19:00 Social Run
20:00 Reebok Burpee Challenge (Finals)	18:30 Zumba 19:00 Cardio Calisthenic	19:30 Latin Dance	20:00 Hybrid Training	19:30 Cardio Calisthenics	19:30 Latin Dance	19:30 Latin Dance
20:30 Sound Healing 21:00 Mindfulness	19:30 Traditional yoga 20:00 Sound Healing and Meditation 20:30 Breathwork	20:00 ATP Kickboxing	20:30 Zumba	20:00 Mobility	20:00 Power Yoga 20:30 Sound Healing	20:00 Hatha Yoga 20:30 Breathwork

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DFC FITNESS HUB - SCHEDULE

DUBAI FITNESS CHALLENGE

FITNESS HUB NAME	Dubai Internet City 30x30 Fitness Hub

WEEK 5 - 28 NOVEMBER & 29 NOVEMBER

SATURDAY	SUNDAY
28 NOVEMBER	**29 NOVEMBER**
18:00 Reebok Burpee Challenge 18:30 Zumba	8:00 Calisthenic technique 08:30 Team Based Competition workout
19:00 ATP Kickboxing 19:30 ATP Functional training	9:00-10:00 One Community One Flow by Zoga
20:00 Reebok Burpee Challenge (Finals)	18:30 Zumba 19:00 Cardio Calisthenic
20:30 Sound Healing 21:00 Mindfulness	19:30 – 21:00 Dubai Yoga Day

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