DFC FITNESS HUB - SCHEDULE

DUBAI FITNESS CHALLENGE

FITNESS HUB NAME	The West Beach x Wellfit and Boxica 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**
6:00 – 6:30 Wellrun	6:00 – 6:30 Sunrise Yoga	6:00 – 6:30 Sunrise Yoga	6:00 – 6:30 Wellrun			6:00 – 6:30 Sunrise Yoga
6:45 – 7:15 LIFT	6:45 – 7:15 Pilates	6:45 – 7:15 Pilates	6:45 – 7:15 LIFT	6:45 – 7:15 Les Mills	6:45 – 7:15 LIFT	6:45 – 7:15 Pilates
7:30 – 8:00 Ignite Beach Workout	7:30 – 8:00 LIFT			7:30 – 8:00 Les Mills	7:30 – 8:00 Ignite	7:30 – 8:00 Les Mills - CH
8:15 – 8:45 Les Mills BP	8:15 – 8:45 Ignite					8:15 – 8:45 Les Mills - Core
9:00 – 9:30 Zumba						
17:00 – 17:30 Sunset Yoga	17:00 – 17:30 Ignite Beach Workout	17:00 – 17:30 Sunset Yoga	17:00 – 17:30 LIFT	17:00 – 17:30 Sunset Yoga	17:00 – 17:30 LIFT	17:00 – 17:30 Family Wellrun
17:45 – 18:15 Pilates	17:45 – 18:15 LIFT	17:45 – 18:15 Pilates	17:45 – 18:15 Ignite	17:45 – 18:15 Pilates	17:45 – 18:15 Ignite	17:45 – 18:15 Family workout - bodyweight
18:30 – 19:00 Les Mills - CH	18:30 – 19:00 Les Mills - BP	18:30 – 19:00 Les Mills	18:30 – 19:00 Les Mills - CH	18:30 – 19:00 Les Mills	18:30 – 19:00 Les Mills - CH	18:30 – 19:00 Les Mills
19:15 – 19:45 Les Mills - Bodycombat	19:15 – 19:45 Zumba	19:15 – 19:45 Les Mills	19:15 – 19:45 Les Mills - Core	19:15 – 19:45 Les Mills	19:15 – 19:45 Les Mills - Bodycombat	19:15 – 19:45 Les Mills

BOOK VIA: **WALK-IN | | Boxing Circuit needs to be booked in advance via https://boxica.ae/class-schedule/**

DFC FITNESS HUB - SCHEDULE

DUBAI FITNESS CHALLENGE

FITNESS HUB NAME	The West Beach x Wellfit and Boxica 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**
6:00 – 6:30 Wellrun	6:00 – 6:30 Sunrise Yoga	6:00 – 6:30 Sunrise Yoga	6:00 – 6:30 Wellrun			6:00 – 6:30 Sunrise Yoga
6:45 – 7:15 LIFT	6:45 – 7:15 Pilates	6:45 – 7:15 Pilates	6:45 – 7:15 LIFT	6:45 – 7:15 Les Mills	6:45 – 7:15 LIFT	6:45 – 7:15 Pilates
7:30 – 8:00 Ignite Beach Workout	7:30 – 8:00 LIFT			7:30 – 8:00 Les Mills	7:30 – 8:00 Ignite	7:30 – 8:00 Les Mills - CH
8:15 – 8:45 Les Mills BP	8:15 – 8:45 Ignite					8:15 – 8:45 Les Mills - Core
9:00 – 9:30 Zumba						
17:00 – 17:30 Sunset Yoga	17:00 – 17:30 Ignite Beach Workout	17:00 – 17:30 Sunset Yoga	17:00 – 17:30 LIFT	17:00 – 17:30 Sunset Yoga	17:00 – 17:30 LIFT	17:00 – 17:30 Family Wellrun
17:45 – 18:15 Pilates	17:45 – 18:15 LIFT	17:45 – 18:15 Pilates	17:45 – 18:15 Ignite	17:45 – 18:15 Pilates	17:45 – 18:15 Ignite	17:45 – 18:15 Family workout - bodyweight
18:30 – 19:00 Les Mills - CH	18:30 – 19:00 Les Mills - BP	18:30 – 19:00 Les Mills	18:30 – 19:00 Les Mills - CH	18:30 – 19:00 Les Mills	18:30 – 19:00 Les Mills - CH	18:30 – 19:00 Les Mills
19:15 – 19:45 Les Mills - Bodycombat	19:15 – 19:45 Zumba	19:15 – 19:45 Les Mills	19:15 – 19:45 Les Mills - Core	19:15 – 19:45 Les Mills	19:15 – 19:45 Les Mills - Bodycombat	19:15 – 19:45 Les Mills

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DFC FITNESS HUB - SCHEDULE

DUBAI FITNESS CHALLENGE

FITNESS HUB NAME	The West Beach x Wellfit and Boxica 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**
6:00 – 6:30 Wellrun	6:00 – 6:30 Sunrise Yoga	6:00 – 6:30 Sunrise Yoga	6:00 – 6:30 Wellrun			6:00 – 6:30 Sunrise Yoga
6:45 – 7:15 LIFT	6:45 – 7:15 Pilates	6:45 – 7:15 Pilates	6:45 – 7:15 LIFT	6:45 – 7:15 Les Mills	6:45 – 7:15 LIFT	6:45 – 7:15 Pilates
7:30 – 8:00 Ignite Beach Workout	7:30 – 8:00 LIFT			7:30 – 8:00 Les Mills	7:30 – 8:00 Ignite	7:30 – 8:00 Les Mills - CH
8:15 – 8:45 Les Mills BP	8:15 – 8:45 Ignite					8:15 – 8:45 Les Mills - Core
9:00 – 9:30 Zumba						
17:00 – 17:30 Sunset Yoga	17:00 – 17:30 Ignite Beach Workout	17:00 – 17:30 Sunset Yoga	17:00 – 17:30 LIFT	17:00 – 17:30 Sunset Yoga	17:00 – 17:30 LIFT	17:00 – 17:30 Family Wellrun
17:45 – 18:15 Pilates	17:45 – 18:15 LIFT	17:45 – 18:15 Pilates	17:45 – 18:15 Ignite	17:45 – 18:15 Pilates	17:45 – 18:15 Ignite	17:45 – 18:15 Family workout - bodyweight
18:30 – 19:00 Les Mills - CH	18:30 – 19:00 Les Mills - BP	18:30 – 19:00 Les Mills	18:30 – 19:00 Les Mills - CH	18:30 – 19:00 Les Mills	18:30 – 19:00 Les Mills - CH	18:30 – 19:00 Les Mills
19:15 – 19:45 Les Mills - Bodycombat	19:15 – 19:45 Zumba	19:15 – 19:45 Les Mills	19:15 – 19:45 Les Mills - Core	19:15 – 19:45 Les Mills	19:15 – 19:45 Les Mills - Bodycombat	19:15 – 19:45 Les Mills

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DFC FITNESS HUB - SCHEDULE

DUBAI FITNESS CHALLENGE

FITNESS HUB NAME	The West Beach x Wellfit and Boxica 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**
6:00 – 6:30 Wellrun	6:00 – 6:30 Sunrise Yoga	6:00 – 6:30 Sunrise Yoga	6:00 – 6:30 Wellrun			6:00 – 6:30 Sunrise Yoga
6:45 – 7:15 LIFT	6:45 – 7:15 Pilates	6:45 – 7:15 Pilates	6:45 – 7:15 LIFT	6:45 – 7:15 Les Mills	6:45 – 7:15 LIFT	6:45 – 7:15 Pilates
7:30 – 8:00 Ignite Beach Workout	7:30 – 8:00 LIFT			7:30 – 8:00 Les Mills	7:30 – 8:00 Ignite	7:30 – 8:00 Les Mills - CH
8:15 – 8:45 Les Mills BP	8:15 – 8:45 Ignite					8:15 – 8:45 Les Mills - Core
9:00 – 9:30 Zumba						
9:00 – 10:00 Immersive Sculpt By Soul MVNT						
10:00 – 11:00 Immersive Sculpt By Soul MVNT						
11:00 – 12:00 Immersive Sculpt By Soul MVNT						
17:00 – 17:30 Sunset Yoga	17:00 – 17:30 Ignite Beach Workout	17:00 – 17:30 Sunset Yoga	17:00 – 17:30 LIFT	17:00 – 17:30 Sunset Yoga	17:00 – 17:30 LIFT	17:00 – 17:30 Family Wellrun
17:45 – 18:15 Pilates	17:45 – 18:15 LIFT	17:45 – 18:15 Pilates	17:45 – 18:15 Ignite	17:45 – 18:15 Pilates	17:45 – 18:15 Ignite	17:45 – 18:15 Family workout - bodyweight
18:30 – 19:00 Les Mills - CH	18:30 – 19:00 Les Mills - BP	18:30 – 19:00 Les Mills	18:30 – 19:00 Les Mills - CH	18:30 – 19:00 Les Mills	18:30 – 19:00 Les Mills - CH	18:30 – 19:00 Les Mills
19:15 – 19:45 Les Mills - Bodycombat	19:15 – 19:45 Zumba	19:15 – 19:45 Les Mills	19:15 – 19:45 Les Mills - Core	19:15 – 19:45 Les Mills	19:15 – 19:45 Les Mills - Bodycombat	19:15 – 19:45 Les Mills

BOOK VIA: **WALK-IN | | Boxing Circuit needs to be booked in advance via https://boxica.ae/class-schedule/**
Immersive Sculpt by Soul MVNT: Reserve your FREE 30x30 class now on the Soul MVNT app

DFC FITNESS HUB - SCHEDULE

DUBAI FITNESS CHALLENGE

FITNESS HUB NAME	The West Beach x Wellfit and Boxica 30x30 Fitness Hub

WEEK 5 - 28 NOVEMBER & 29 NOVEMBER

SATURDAY	SUNDAY
28 NOVEMBER	**29 NOVEMBER**
6:00 – 6:30 Wellrun	6:00 – 6:30 Sunrise Yoga
6:45 – 7:15 LIFT	6:45 – 7:15 Pilates
7:30 – 8:00 Ignite Beach Workout	7:30 – 8:00 LIFT
8:15 – 8:45 Les Mills BP	8:15 – 8:45 Ignite
9:00 – 9:30 Zumba	
17:00 – 17:30 Sunset Yoga	17:00 – 17:30 Ignite Beach Workout
17:45 – 18:15 Pilates	17:45 – 18:15 LIFT
18:30 – 19:00 Les Mills - CH	18:30 – 19:00 Les Mills - BP
19:15 – 19:45 Les Mills - Bodycombat	19:15 – 19:45 Zumba

BOOK VIA: **WALK-IN | | Boxing Circuit needs to be booked in advance via https://boxica.ae/class-schedule/**