DFC FITNESS HUB - SCHEDULE

DUBAI FITNESS CHALLENGE

FITNESS HUB NAME	GATE AVENUE 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**
5:00 – 5:45 PM **Athletic Reformer Pilates** VAURA Pilates DIFC	6:30 – 7:15 AM **Yoga** Gate Avenue	6:30 – 7:00 AM **SEEN Fitness POUND®**	6:30 – 7:00 AM **SEEN Fitness POUND® Unplugged**	7:00 – 8:00 AM **FLTR Run** FLTR	6:00 – 6:30 PM **SEEN Fitness POUND® Unplugged**	6:30 – 7:15 AM **Cardio Blast** Gate Avenue
6:00 – 6:45 PM **Athletic Reformer Pilates** VAURA Pilates DIFC	6:30 – 7:15 PM **Core** Gate Avenue	6:30 – 7:15 PM **Pilates** Gate Avenue	6:30 – 7:15 PM **HIIT** Gate Avenue	5:30 – 6:00 PM **SEEN Fitness POUND®**	7:30 – 8:30 PM **Deep Stretch & Recovery** UPANDRUNNING Medical Center	6:00 – 7:00 PM **Somatic Breathwork** UPANDRUNNING Medical Center
7:00 – 7:45 PM **Athletic Reformer Pilates** VAURA Pilates DIFC				7:00 – 8:00 PM **Pulse Series** Complimentary event	9:00 – 10:00 PM **SOMA Breath Under the Stars** SOMA Breathwork	
8:00 – 8:45 PM **Athletic Reformer Pilates** VAURA Pilates DIFC						

BOOK VIA: https://cloud.marketing.difc.ae/dubai-fitness-challenge

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FITNESS HUB NAME	GATE AVENUE 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**
7:30 – 8:15 AM **Mobility** Warehouse Gym	8:00 – 9:00 AM **Zumba** Fitze Fit to Click	6:30 – 7:00 AM **SEEN Fitness POUND® Unplugged**	6:30 – 7:00 AM **SEEN Fitness POUND®**	6:30 – 7:15 AM **Stretch** Gate Avenue	6:30 – 7:15 AM **Yoga** Gate Avenue	6:30 – 7:15 AM **Pilates** Gate Avenue
6:30 – 7:15 PM **Dance Fitness** Gate Avenue	6:30 – 7:15 PM **Bodyweight Bootcamp** Gate Avenue	6:30 – 7:15 PM **Bodyweight Bootcamp** Gate Avenue	6:30 – 7:15 PM **HIIT** Gate Avenue	6:30 – 7:00 PM **POUND® Unplugged** SEEN Fitness	6:30 – 7:00 PM **SEEN Fitness POUND®**	6:30 – 7:15 PM **Bodyweight Bootcamp** Gate Avenue

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DFC FITNESS HUB - SCHEDULE

DUBAI FITNESS CHALLENGE

FITNESS HUB NAME	GATE AVENUE 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**
7:30 – 8:15 AM **Mobility** Warehouse Gym	6:30 – 7:15 AM **Stretch** Gate Avenue	6:30 – 7:00 AM **SEEN Fitness POUND®**	6:30 – 7:00 AM **SEEN Fitness POUND® Unplugged**	6:30 – 7:15 AM **HIIT** Gate Avenue	6:30 – 7:30 AM **HIIT** F45 Training	6:30 – 7:30 AM **HIIT** F45 Training
6:30 – 7:15 PM **Core** Gate Avenue	6:30 – 7:15 PM **Cardio Blast** Gate Avenue	6:00 – 7:00 PM **Somatic Breathwork** UPANDRUNNING Medical Center	6:30 – 7:15 PM **HIIT** Gate Avenue	6:30 – 7:00 PM **SEEN Fitness POUND®**	6:30 – 7:00 PM **SEEN Fitness POUND® Unplugged**	6:30 – 7:30 PM **HIIT** F45 Training

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DFC FITNESS HUB - SCHEDULE

DUBAI FITNESS CHALLENGE

FITNESS HUB NAME	GATE AVENUE 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 – 8:00 AM **L'Étape by Tour de France** Complimentary event	6:30 – 7:15 AM **Pilates** Gate Avenue	6:30 – 7:00 AM **SEEN Fitness POUND® Unplugged**	6:30 – 7:00 AM **POUND®** SEEN Fitness Atrium	6:30 – 7:15 AM **Yoga** Gate Avenue Atrium	6:00 – 6:30 PM **SEEN Fitness POUND®** Atrium	6:30 – 7:15 AM **Stretch** Gate Avenue Atrium
6:30 – 7:15 PM **Bodyweight Bootcamp** Gate Avenue	7:00 – 8:00 PM **SOMA Breath & Beats** SOMA Breathwork	6:00 – 7:00 PM **Somatic Breathwork** UPANDRUNNING Medical Center	12:00 – 1:00 PM **Basketball (TBC)** Dubai Basketball Atrium	5:30 – 6:00 PM **POUND® Unplugged** SEEN Fitness Atrium	7:30 – 8:30 PM **Deep Stretch & Recovery** UPANDRUNNING Medical Center Atrium	6:00 – 7:00 PM **Somatic Breathwork** UPANDRUNNING Medical Center Atrium
			6:00 – 7:00 PM **Yoga & sound healing (TBC)** Charles Monat Atrium	7:00 – 8:00 PM **Yogalates by YoFit** Complimentary event		

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DFC FITNESS HUB - SCHEDULE

DUBAI FITNESS CHALLENGE

FITNESS HUB NAME	GATE AVENUE 30x30 FITNESS HUB

WEEK 5 - 28 NOVEMBER & 29 NOVEMBER

SATURDAY	SUNDAY
28 NOVEMBER	**29 NOVEMBER**
7:30 – 8:15 AM **Mobility** Warehouse Gym Atrium	10:00 – 11:00 AM **SOMA Breath & Beats** SOMA Breathwork Atrium
6:30 – 7:15 PM **Cardio Blast** Gate Avenue Atrium	6:30 – 7:15 PM **Dance Fitness** Gate Avenue Atrium

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