DFC FITNESS HUB - SCHEDULE

DUBAI FITNESS CHALLENGE

FITNESS HUB NAME	THE SQUATWOLF x BLUEWATERS 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**
5:30 PM - 6:15 PM Sunset Strength	**5:30 PM - 6:15 PM** Sunset Strength					
6:30 PM - 7:15 PM Guest Coach Takeover	**6:30 PM - 7:15 PM** Low-Impact Sweat					
		7:00 PM - 7:45 PM Shadowboxing	**7:00 PM - 7:45 PM** Low-Impact Sweat	**7:00 PM - 7:45 PM** Strength on the Water	**7:00 PM - 7:45 PM** Strength on the Water	**7:00 PM - 7:45 PM** Low-Impact Sweat
		8:00 PM - 8:45 PM Core Club	**8:00 PM - 8:45 PM** Core Club	**8:00 PM - 8:45 PM** Evening Flow	**8:00 PM - 8:45 PM** Evening Flow	**8:00 PM - 8:45 PM** Core Club

BOOK VIA: Dubai Fitness Challenge – 30x30 Week 1

DFC FITNESS HUB - SCHEDULE

DUBAI FITNESS CHALLENGE

FITNESS HUB NAME	THE SQUATWOLF x BLUEWATERS 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 AM - 8:15 AM Core Club						
5:30 PM - 6:15 PM Sunset Strength	**5:30 PM - 6:15 PM** Shadowboxing					
6:30 PM - 7:15 PM Guest Coach Takeover	**6:30 PM - 7:15 PM** Shadowboxing	**7:00 PM - 7:45 PM** Strength on the Water	**7:00 PM - 7:45 PM** Low-Impact Sweat	**7:00 PM - 7:45 PM** Strength on the Water	**7:00 PM - 7:45 PM** Evening Flow	**7:00 PM - 7:45 PM** Low-Impact Sweat
		8:00 PM - 8:45 PM Core Club	**8:00 PM - 8:45 PM** Core Club	**8:00 PM - 8:45 PM** Evening Flow	**8:00 PM - 8:45 PM** Shadowboxing	**8:00 PM - 8:45 PM** Core Club

BOOK VIA: **LINK TBA**

DFC FITNESS HUB - SCHEDULE

DUBAI FITNESS CHALLENGE

FITNESS HUB NAME	THE SQUATWOLF x BLUEWATERS 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 AM - 8:15 AM Core Club						
5:30 PM - 6:15 PM Shadowboxing	**5:30 PM - 6:15 PM** Sunset Strength					
6:30 PM - 7:15 PM Shadowboxing	**6:30 PM - 7:15 PM** Evening Flow	**7:00 PM - 7:45 PM** Strength on the Water	**7:00 PM - 7:45 PM** Low-Impact Sweat	**7:00 PM - 7:45 PM** Strength on the Water	**7:00 PM - 7:45 PM** Shadowboxing	**7:00 PM - 7:45 PM** Low-Impact Sweat
		8:00 PM - 8:45 PM Core Club	**8:00 PM - 8:45 PM** Core Club	**8:00 PM - 8:45 PM** Evening Flow	**8:00 PM - 8:45 PM** Evening Flow	**8:00 PM - 8:45 PM** Core Club

BOOK VIA: **LINK TBA**

DFC FITNESS HUB - SCHEDULE

DUBAI FITNESS CHALLENGE

FITNESS HUB NAME	THE SQUATWOLF x BLUEWATERS 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**
7:30 AM - 8:15 AM Core Club						
5:30 PM - 6:15 PM Sunset Strength	**5:30 PM - 6:15 PM** Sunset Strength					
6:30 PM - 7:15 PM Guest Coach Takeover	**6:30 PM - 7:15 PM** Evening Flow	**7:00 PM - 7:45 PM** Strength on the Water	**7:00 PM - 7:45 PM** Low-Impact Sweat	**7:00 PM - 7:45 PM** Strength on the Water	**7:00 PM - 7:45 PM** Shadowboxing	**7:00 PM - 7:45 PM** Low-Impact Sweat
		8:00 PM - 8:45 PM Core Club	**8:00 PM - 8:45 PM** Core Club	**8:00 PM - 8:45 PM** Evening Flow	**8:00 PM - 8:45 PM** Evening Flow	**8:00 PM - 8:45 PM** Core Club

BOOK VIA: **LINK TBA**

DFC FITNESS HUB - SCHEDULE

DUBAI FITNESS CHALLENGE

FITNESS HUB NAME	THE SQUATWOLF x BLUEWATERS 30x30 FITNESS HUB

WEEK 5 - 28 NOVEMBER & 29 NOVEMBER

SATURDAY	SUNDAY
28 NOVEMBER	**29 NOVEMBER**
7:30 AM - 8:15 AM Core Club	
5:30 PM - 6:15 PM Sunset Strength	**5:30 PM - 6:15 PM** Sunset Strength
6:30 PM - 7:15 PM Guest Coach Takeover	**6:30 PM - 7:15 PM** Evening Flow

BOOK VIA: **LINK TBA**