DFC FITNESS HUB - SCHEDULE

DUBAI FITNESS CHALLENGE

FITNESS HUB NAME	THE ALLSPORTS ARENA DUBAI 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**
11:00 -11:30 Learn to Climb Suitable from age of 6	11:00 -11:30 Learn to Climb Suitable from age of 6	11:00 -11:30 Learn to Climb Suitable from age of 6	11:00 -11:30 Learn to Climb Suitable from age of 6	11:00 -11:30 Learn to Climb Suitable from age of 6	11:00 -11:30 Learn to Climb Suitable from age of 6	11:00 -11:30 Learn to Climb Suitable from age of 6
11:30-12:00 Climb for beginners	11:30-12:00 Climb for beginners	11:30-12:00 Climb for beginners	11:30-12:00 Climb for beginners	11:30-12:00 Climb for beginners	11:30-12:00 Climb for beginners	11:30-12:00 Climb for beginners
12:00-12:30 Climb for intermediate	12:00-12:30 Climb for intermediate	12:00-12:30 Climb for intermediate	12:00-12:30 Climb for intermediate	12:00-12:30 Climb for intermediate	12:00-12:30 Climb for intermediate	12:00-12:30 Climb for intermediate
12:30-13:00 Learn to Climb	12:30-13:00 Learn to Climb	12:30-13:00 Learn to Climb	12:30-13:00 Learn to Climb	12:30-13:00 Learn to Climb	12:30-13:00 Learn to Climb	12:30-13:00 Learn to Climb

BOOK VIA: WALK-IN / info@allsportsarena.com

DFC FITNESS HUB - SCHEDULE

DUBAI FITNESS CHALLENGE

FITNESS HUB NAME	THE ALLSPORTS ARENA DUBAI 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**
12:00-12:30 HYROX Rookies	12:00-12:30 HYROX Rookies	12:00-12:30 HYROX Rookies	12:00-12:30 HYROX Rookies	12:00-12:30 HYROX Rookies	12:00-12:30 HYROX Rookies	12:00-12:30 HYROX Rookies
12:30-13:00 HYROX Hustle	12:30-13:00 HYROX Hustle	12:30-13:00 HYROX Hustle	12:30-13:00 HYROX Hustle	12:30-13:00 HYROX Hustle	12:30-13:00 HYROX Hustle	12:30-13:00 HYROX Hustle
13:00-13:00 HYROX Savage	13:00-13:00 HYROX Savage	13:00-13:00 HYROX Savage	13:00-13:00 HYROX Savage	13:00-13:00 HYROX Savage	13:00-13:00 HYROX Savage	13:00-13:00 HYROX Savage
13:30-14:00 HYROX Beast Mode	13:30-14:00 HYROX Beast Mode	13:30-14:00 HYROX Beast Mode	13:30-14:00 HYROX Beast Mode	13:30-14:00 HYROX Beast Mode	13:30-14:00 HYROX Beast Mode	13:30-14:00 HYROX Beast Mode

BOOK VIA: WALK-IN / info@allsportsarena.com

DFC FITNESS HUB - SCHEDULE

DUBAI FITNESS CHALLENGE

FITNESS HUB NAME	THE ALLSPORTS ARENA DUBAI 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**
16:00-16:30 Lap and go at AllSports	16:00-16:30 Lap and go at AllSports	16:00-16:30 Lap and go at AllSports	16:00-16:30 Lap and go at AllSports	16:00-16:30 Lap and go at AllSports	16:00-16:30 Lap and go at AllSports	16:00-16:30 Lap and go at AllSports
16:30-17:00 Dive into Fitness	16:30-17:00 Dive into Fitness	16:30-17:00 Dive into Fitness	16:30-17:00 Dive into Fitness	16:30-17:00 Dive into Fitness	16:30-17:00 Dive into Fitness	16:30-17:00 Dive into Fitness
17:00-17:30 Aqua Recharge at AllSports	17:00-17:30 Aqua Recharge at AllSports	17:00-17:30 Aqua Recharge at AllSports	17:00-17:30 Aqua Recharge at AllSports	17:00-17:30 Aqua Recharge at AllSports	17:00-17:30 Aqua Recharge at AllSports	17:00-17:30 Aqua Recharge at AllSports
17:30-18:00 Swim and Reset AllSport	17:30-18:00 Swim and Reset AllSport	17:30-18:00 Swim and Reset AllSport	17:30-18:00 Swim and Reset AllSport	17:30-18:00 Swim and Reset AllSport	17:30-18:00 Swim and Reset AllSport	17:30-18:00 Swim and Reset AllSport

BOOK VIA: WALK-IN / info@allsportsarena.com

DFC FITNESS HUB - SCHEDULE

DUBAI FITNESS CHALLENGE

FITNESS HUB NAME	THE ALLSPORTS ARENA DUBAI 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**
18:00-18:30 Squash into Fitness for beginners	18:00-18:30 Squash into Fitness for beginners	18:00-18:30 Squash into Fitness for beginners	18:00-18:30 Squash into Fitness for beginners	18:00-18:30 Squash into Fitness for beginners	18:00-18:30 Squash into Fitness for beginners	18:00-18:30 Squash into Fitness for beginners
18:30-19:00 Rally and Recharge intermediate	18:30-19:00 Rally and Recharge intermediate	18:30-19:00 Rally and Recharge intermediate	18:30-19:00 Rally and Recharge intermediate	18:30-19:00 Rally and Recharge intermediate	18:30-19:00 Rally and Recharge intermediate	18:30-19:00 Rally and Recharge intermediate
19:00-19:30 Hit and Hustle beginners	19:00-19:30 Hit and Hustle beginners	19:00-19:30 Hit and Hustle beginners	19:00-19:30 Hit and Hustle beginners	19:00-19:30 Hit and Hustle beginners	19:00-19:30 Hit and Hustle beginners	19:00-19:30 Hit and Hustle beginners
19:30-20:00 Squash and Reset advance players	19:30-20:00 Squash and Reset advance players	19:30-20:00 Squash and Reset advance players	19:30-20:00 Squash and Reset advance players	19:30-20:00 Squash and Reset advance players	19:30-20:00 Squash and Reset advance players	19:30-20:00 Squash and Reset advance players

BOOK VIA: WALK-IN / info@allsportsarena.com

DFC FITNESS HUB - SCHEDULE

DUBAI FITNESS CHALLENGE

FITNESS HUB NAME	THE ALLSPORTS ARENA DUBAI 30X30 FITNESS HUB

WEEK 5 - 28 NOVEMBER & 29 NOVEMBER

SATURDAY	SUNDAY
28 NOVEMBER	**29 NOVEMBER**
18:00-18:30 Squash into Fitness for beginners	18:00-18:30 Squash into Fitness for beginners
18:30-19:00 Rally and Recharge intermediate	18:30-19:00 Rally and Recharge intermediate
19:00-19:30 Hit and Hustle beginners	19:00-19:30 Hit and Hustle beginners
19:30-20:00 Squash and Reset advance players	19:30-20:00 Squash and Reset advance players

BOOK VIA: WALK-IN / info@allsportsarena.com