DFC FITNESS HUB - SCHEDULE

DUBAI FITNESS CHALLENGE

FITNESS HUB NAME	THE ANYTIME FITNESS ARJAN 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**
07:00 - 07:30 AF HIIT Club studio / gym floor	07:00 - 07:30 AF HIIT Club studio / gym floor	07:00 - 07:30 AF HIIT Club studio / gym floor	07:00 - 07:30 AF HIIT Club studio / gym floor	07:00 - 07:30 AF HIIT Club studio / gym floor	07:00 - 07:30 AF HIIT Club studio / gym floor	07:00 - 07:30 AF HIIT Club studio / gym floor
18:30 - 19:00 AF Strong Club studio / gym floor	18:30 - 19:00 AF Strong Club studio / gym floor	18:30 - 19:00 AF Strong Club studio / gym floor	18:30 - 19:00 AF Strong Club studio / gym floor	18:30 - 19:00 AF Strong Club studio / gym floor	18:30 - 19:00 AF Strong Club studio / gym floor	18:30 - 19:00 AF Strong Club studio / gym floor
19:00 - 19:30 Zumba Club studio / gym floor	19:00 - 19:30 Mat Pilates Club studio / gym floor	19:00 - 19:30 Dance Fitness Club studio / gym floor	19:00 - 19:30 Flex & Flow Club studio / gym floor	19:00 - 19:30 BollyBeats Club studio / gym floor	19:00 - 19:30 AF Mobility Club studio / gym floor	19:00 - 19:30 BollyBeats Club studio / gym floor

BOOK VIA: https://afuae.forms.app/anytime-fitness-x-dfc-30x30 / **Mobile 055 904 5423**