DFC FITNESS HUB - SCHEDULE

DUBAI FITNESS CHALLENGE

FITNESS HUB NAME	THE ANYTIME FITNESS JVC PHANTOM 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**
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
19:00 - 19:30 AF Strong Club studio / gym floor	19:00 - 19:30 AF Strong Club studio / gym floor	19:00 - 19:30 AF Strong Club studio / gym floor	19:00 - 19:30 AF Strong Club studio / gym floor	19:00 - 19:30 AF Strong Club studio / gym floor	19:00 - 19:30 AF Strong Club studio / gym floor	19:00 - 19:30 AF Strong Club studio / gym floor
20:00 - 20:30 Zumba Club studio / gym floor	20:00 - 20:30 Mat Pilates Club studio / gym floor	20:00 - 20:30 Dance Fitness Club studio / gym floor	20:00 - 20:30 Flex & Flow Club studio / gym floor	20:00 - 20:30 AF Mobility Club studio / gym floor	20:00 - 20:30 BollyBeats Club studio / gym floor	20:00 - 20:30 Mat Pilates Club studio / gym floor

BOOK VIA: https://afuae.forms.app/anytime-fitness-x-dfc-30x30 / **Mobile 052 631 4815**