DFC FITNESS HUB - SCHEDULE

DUBAI FITNESS CHALLENGE

FITNESS HUB NAME	THE ANYTIME FITNESS LAMCY 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**
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 5246292**