DFC FITNESS HUB - SCHEDULE

DUBAI FITNESS CHALLENGE

FITNESS HUB NAME	THE DUBAI INDUSTRIAL CITY 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**
	6:00 – 6:30 PM HITT Football Pitch	6:00 – 6:30 PM Yoga Football Pitch	6:00– 6:30 PM HITT Football Pitch	6:00 – 6:30 PM Yoga Football Pitch	6:00– 6:30 PM HITT Football Pitch	6:00– 6:30 PM HITT Football Pitch
	6:30 – 7:00 PM Zumba Football Pitch	6:30 – 7:00 PM Zumba Football Pitch	6:30 – 7:00 PM Stretching Class Football Pitch	6:30 – 7:00 PM Zumba Football Pitch	6:30 – 7:00 PM Stretching Class Football Pitch	6:30 – 7:00 PM Yoga Football Pitch

BOOK VIA: **Walk-in**

DFC FITNESS HUB - SCHEDULE

DUBAI FITNESS CHALLENGE

FITNESS HUB NAME	THE DUBAI INDUSTRIAL CITY 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**
6:00 – 6:30 PM Body Weight Football Pitch						
6:30 – 7:00 PM Yoga Football Pitch						

BOOK VIA: **Walk-in**