DFC FITNESS HUB - SCHEDULE

DUBAI FITNESS CHALLENGE

FITNESS HUB NAME	THE GOOD FORM AT Q EAST 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**
		8:00 – 9:00 Morning Yoga Courtyard		8:00 – 9:00 Motion & Mobility Courtyard		8:00 – 9:00 Active Club Courtyard
		11:00 – 12:00 Power Lunch Courtyard	11:00 – 12:00 Mindful Vinyasa Courtyard	11:00 – 12:00 Power Lunch Courtyard	11:00 – 12:00 Release & Recharge Courtyard	11:00 – 12:00 Power Lunch Courtyard
						16:00 – 17:00 Shadow Boxing Courtyard
		18:00 -19:00 Active Club Courtyard	18:00 -19:00 Zumba Courtyard		18:00 -19:00 Ignite Courtyard	18:00-19:00 Power Circuit Courtyard Sunset Sound Healing ONE OF US
		19:20-20:00 Pilates Burn Courtyard	19:20-20:00 Bootcamp Courtyard	19:20-20:00 Hero Board Lagree Courtyard	19:20-20:00 Bootcamp Courtyard	
		20:20-21:00 LFG Bootcamp Courtyard	20:20-21:00 Hero Board Lagree Courtyard Meditation ONE OF US	20:20-21:00 LFG Bootcamp Courtyard Meditation & Mindset ONE OF US	20:20-21:00 Hero Board Lagree Courtyard	20:20-21:00 Run Club with LFG

BOOK VIA: https://goodform.ae/

DFC FITNESS HUB - SCHEDULE

DUBAI FITNESS CHALLENGE

FITNESS HUB NAME	THE GOOD FORM AT Q EAST 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**
8:00 – 9:00 Active Club Courtyard						
9:30 – 10:30 Kids Toss & Catch Ages 3+	10:00 – 11:00 Zumba Courtyard					
11:00 – 12:00 Mother & Daughter Yoga Courtyard	11:00 – 12:00 Flow Yoga Courtyard					
	13:00 – 14:00 Hero Board Lagree Courtyard					
16:30 -17:00 Hoop/Sock Challenge Age 3+ Courtyard	16:30 -17:00 Hoop/Sock Challenge Age 3+ Courtyard					
18:00-19:00 Full Body Strength & Conditioning Motion & Mobility Courtyard	18:00-19:00 Full Body Strength & Conditioning Courtyard					
19:20-20:00 Mindful Meditation ONE OF US	19:20-20:00 Sound Healing ONE OF US					

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