

DFC FITNESS HUB - SCHEDULE



FITNESS HUB NAME

THE HATTA WADI HUB 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
	08:00 - 09:30 Mountain Biking		06:00AM-06:30PM Football Zorbing	06:00AM-06:30PM Football Zorbing		11:00 - 13:00 Ropes Course
	11:00 - 11:30 Open Air Swimming					11:00 -13:00 Calorie Challenge
16:00 - 16:30 Big Plunge		16:00 - 16:30 Wall Climbing	16:00 - 16:30 Big Plunge	16:00 - 16:30 Net Walkway	16:00 - 16:30 Mountain Biking	
16:00 -16:30 Net Walkway		16:00 - 17:00 Hatta Flow Kayak	16:00 - 16:30 Net Walkway		16:00 - 16:30 Small Plunge	

BOOK VIA: NO BOOKING REQUIRED

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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
	08:00 - 09:30 Mountain Biking		06:00AM-06:30PM Football Zorbing	06:00AM-06:30PM Football Zorbing		11:00 - 13:00 Ropes Course
	11:00 - 11:30 Open Air Swimming					11:00 -13:00 Calorie Challenge
16:00 - 16:30 Big Plunge		16:00 - 16:30 Wall Climbing	16:00 - 16:30 Big Plunge	16:00 - 16:30 Net Walkway	16:00 - 16:30 Mountain Biking	
16:00 -16:30 Net Walkway		16:00 - 17:00 Hatta Flow Kayak	16:00 - 16:30 Net Walkway		16:00 - 16:30 Small Plunge	

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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
	08:00 - 09:30 Mountain Biking		06:00AM-06:30PM Football Zorbing	06:00AM-06:30PM Football Zorbing		11:00 - 13:00 Ropes Course
	11:00 - 11:30 Open Air Swimming					11:00 -13:00 Calorie Challenge
16:00 - 16:30 Big Plunge		16:00 - 16:30 Wall Climbing	16:00 - 16:30 Big Plunge	16:00 - 16:30 Net Walkway	16:00 - 16:30 Mountain Biking	
16:00 -16:30 Net Walkway		16:00 - 17:00 Hatta Flow Kayak	16:00 - 16:30 Net Walkway		16:00 - 16:30 Small Plunge	

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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
	08:00 - 09:30 Mountain Biking		06:00AM-06:30PM Football Zorbing	06:00AM-06:30PM Football Zorbing		11:00 - 13:00 Ropes Course
	11:00 - 11:30 Open Air Swimming					11:00 -13:00 Calorie Challenge
16:00 - 16:30 Big Plunge		16:00 - 16:30 Wall Climbing	16:00 - 16:30 Big Plunge	16:00 - 16:30 Net Walkway	16:00 - 16:30 Mountain Biking	
16:00 -16:30 Net Walkway		16:00 - 17:00 Hatta Flow Kayak	16:00 - 16:30 Net Walkway		16:00 - 16:30 Small Plunge	

BOOK VIA: NO BOOKING REQUIRED

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WEEK 5 - 28 NOVEMBER & 29 NOVEMBER

SATURDAY

SUNDAY

28 NOVEMBER

29 NOVEMBER

08:00 - 09:30
Mountain Biking

11:00 - 11:30
Open Air Swimming

16:00 - 16:30
Big Plunge

16:00 - 16:30
Net Walkway

BOOK VIA: NO BOOKING REQUIRED