DFC FITNESS HUB - SCHEDULE

DUBAI FITNESS CHALLENGE

FITNESS HUB NAME	IFZA 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**
9:00 – 12:00 PM Spooky Stretch & Heal morning by kcal						
			5:00 – 5:45 PM Mat Pilates	5:00 – 5:45 PM Mat Pilates	5:00 – 5:45 Mat Pilates	
6:00 – 6.45 PM Zumba	6:15 – 7:00 PM Functional training	6:00 – 6:45 PM Mat Mat Pilates	6:00 – 6:45 PM Breathwork	6:00 – 6.45 PM Hatha	6:00 – 6:45 PM Body Combat	6:00 – 6:45 PM Raggeaton
7:00 – 7:45 PM Afro dance	7:15 – 8:00 PM Stretch	7:00 – 7:45 PM Mobility & flexibility	7:00 – 7:45 PM Karate	7:00 – 7:45 PM Power Yoga	7:00 – 7:45 PM Core	7:00 – 7:45 PM Salsa

BOOK VIA: https://fitnesshub.ifza.com/

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DUBAI FITNESS CHALLENGE

FITNESS HUB NAME	IFZA 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**
5:00 – 5:45 PM Mobility & flexibility			5:00 – 5:45 Mat Pilates	5:00 – 5:45 PM Mat Pilates	5:00 – 5:45 Mat Pilates	
6:00 – 6:45 PM Zumba	6:15 – 7:00 PM Functional training	6:00 – 6:45 PM Mat Pilates	6:00 – 6:45 PM Breathwork	6:00 – 6:45 PM Hatha Yoga	6:00 – 6:45 PM Body Combat by Fitness First	6:00 – 6:45 PM Salsa
7:00 – 7:45 PM Afro dance	7:15 – 8:00 PM	7:00 – 7:45 PM Sound Healing	7:00 – 7:45 PM Karate by Karate Pro Martial Arts Academy	7:00 – 7:45 PM Power Yoga	7:00 – 7:45 PM Core	7:00 – 7:45 PM Raggaeton

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DFC FITNESS HUB - SCHEDULE

DUBAI FITNESS CHALLENGE

FITNESS HUB NAME	IFZA 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 – 8:45 AM Reformer Pilates
	5:00 – 5:45 PM Mobility & flexibility		5:00 – 5:45 Mat Pilates	5:00 – 5:45 PM Mat Pilates	5:00 – 5:45 Mat Pilates	
6:00 – 6:45 PM Zumba	6:15 – 7:00 PM Functional training	6:00 – 6:45 PM Mat Pilates	6:00 – 6:45 PM Breathwork	6:00 – 6:45 PM Hatha Yoga	6:00 – 6:45 PM Body Combat	5:00 – 5:45 PM Reformer Pilates
7:00 – 7:45 PM Afro dance	7:15 – 8:00 PM Stretch	7:00 – 7:45 PM Sound Healing	7:00 – 7:45 PM Karate	7:00 – 7:45 PM Power Yoga	7:00 – 7:45 PM Core	6:00 – 6:45 PM Reformer Pilates

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DFC FITNESS HUB - SCHEDULE

DUBAI FITNESS CHALLENGE

FITNESS HUB NAME	IFZA 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**
10:00 AM – 4:00 PM Activation by Wrestlefest, Introduction to Pro Wrestling, mobility, self-defense						
			5:00 – 5:45 Mat Pilates	5:00 – 5:45 PM Mat Pilates	5:00 – 5:45 Mat Pilates	
5:00 – 5:45 PM Reformer Pilates		6:00 – 6:45 PM Mat Pilates	6:00 – 6:45 PM Breathwork	6:00 – 6:45 PM Hatha Yoga	6:00 – 6:45 PM Body Combat	6:00 – 6:45 PM Bodyweight Strength Workout
6:00 – 7:00 PM Live Professional Wrestling Show by Wrestlefest	6:00 – 7:00 PM Live Professional Wrestling Show by Wrestlefest	7:00 – 7:45 PM Sound Healing	7:00 – 7:45 PM Karate	7:00 – 7:45 PM Power Yoga	7:00 – 7:45 PM Core	7:00 – 7:45 PM Bodyweight Strength Workout

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DFC FITNESS HUB - SCHEDULE

DUBAI FITNESS CHALLENGE

FITNESS HUB NAME	IFZA 30X30 FITNESS HUB

WEEK 5 - 28 NOVEMBER & 29 NOVEMBER

SATURDAY	SUNDAY
28 NOVEMBER	**29 NOVEMBER**
6:00 – 6:45 PM Zumba	6:15 – 7:00 PM Functional training
7:00 – 7:45 PM Afro dance	7:15 – 8:00 PM Stretch

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