

DFC FITNESS HUB - SCHEDULE



FITNESS HUB NAME

THE 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 Pilates, Movement & Sound Healing: A Healthy Halloween Experience by kcal						
			5:00 – 5:45 PM Mat Pilates Pilates Academy DSO	5:00 – 5:45 PM Mat Pilates by Flex lounge	5:00 – 5:45 Mat Pilates Pilates Academy DSO	
6:00 – 6:45 PM Zumba by Fitness First	6:15 – 7:00 PM Functional training by Fitness First	6:00 – 6:45 PM Mat Pilates by Flex lounge	6:00 – 6:45 PM Breathwork by Vanessa Hartmann	6:00 – 6:45 PM Hatha Yoga by Fitness First	6:00 – 6:45 PM Body Combat by Fitness First	6:00 – 6:45 PM Raggeaton by Salsa y Caribe Dance Projects
7:00 – 7:45 PM Afro dance by Fitness First	7:15 – 8:00 PM Stretch by Fitness First	7:00 – 7:45 PM Mobility & flexibility by E-motion Studio of Movement	7:00 – 7:45 PM Karate by Karate Pro Martial Arts Academy	7:00 – 7:45 PM Power Yoga by Fitness First	7:00 – 7:45 PM Core by Fitness First	7:00 – 7:45 PM Salsa by Salsa y Caribe Dance Projects

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

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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
9:00 – 12:00 PM Wellness morning by kcal						
5:00 – 5:45 PM Mobility & flexibility by E-motion Studio of Movement			5:00 – 5:45 Mat Pilates Pilates Academy DSO	5:00 – 5:45 PM Mat Pilates by Flex Lounge	5:00 – 5:45 Mat Pilates Pilates Academy DSO	
6:00 – 6:45 PM Zumba by Fitness First	6:15 – 7:00 PM Functional training by Fitness First	6:00 – 6:45 PM Mat Pilates by Flex Lounge		6:00 – 6:45 PM Hatha Yoga by Fitness First	6:00 – 6:45 PM Body Combat by Fitness First	6:00 – 6:45 PM Salsa by Salsa y Caribe Dance Projects
7:00 – 7:45 PM Afro dance by Fitness First	7:15 – 8:00 PM Stretch by Fitness First	7:00 – 7:45 PM Sound Healing by Vanessa Hartmann	7:00 – 7:45 PM Karate by Karate Pro Martial Arts Academy	7:00 – 7:45 PM Power Yoga by Fitness First	7:00 – 7:45 PM Core by Fitness First	7:00 – 7:45 PM Reggaeton by Salsa y Caribe Dance Projects

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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
9:00 – 12:00 PM Wellness morning by Metabolic						8:00 – 8:45 AM Reformer Pilates by Flex Lounge
	5:00 – 5:45 PM Mobility & flexibility by E-motion Studio of Movement		5:00 – 5:45 Mat Pilates Pilates Academy DSO	5:00 – 5:45 PM Mat Pilates by Flex lounge	5:00 – 5:45 Mat Pilates Pilates Academy DSO	9:00 – 9:45 AM Reformer Pilates by Flex Lounge
6:00 – 6:45 PM Zumba by Fitness First	6:15 – 7:00 PM Functional training by Fitness First	6:00 – 6:45 PM Mat Pilates by Flex Lounge		6:00 – 6:45 PM Hatha Yoga by Fitness First	6:00 – 6:45 PM Body Combat by Fitness First	5:00 – 5:45 PM Reformer Pilates by Flex Lounge
7:00 – 7:45 PM Afro dance by Fitness First	7:15 – 8:00 PM Stretch by Fitness First	7:00 – 7:45 PM Sound Healing by Vanessa Hartmann	7:00 – 7:45 PM Karate by Karate Pro Martial Arts Academy	7:00 – 7:45 PM Power Yoga by Fitness First	7:00 – 7:45 PM Core by Fitness First	6:00 – 6:45 PM Reformer Pilates by Flex Lounge

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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
9:00 – 9:45 AM and 10:00 – 10:45 AM Reformer Pilates by Flexlounge						
4:00 – 4:45 PM and 5:00 – 5:45 PM Reformer Pilates by Flexlounge			5:00 – 5:45 Mat Pilates Pilates Academy DSO	5:00 – 5:45 PM Mat Pilates by Flex lounge	5:00 – 5:45 Mat Pilates Pilates Academy DSO	
Whole day WrestlefestDXB from 10:00 – 6:00 PM	6:15 – 7:00 PM Functional training by Fitness First	6:00 – 6:45 PM Mat Pilates by Flex Lounge		6:00 – 6:45 PM Hatha Yoga by Fitness First	6:00 – 6:45 PM Body Combat by Fitness First	6:00 – 6:45 PM Bodyweight Strength Workout by Jason Grima & Team 365
4:00 – 6:00 PM Wrestling Show by WrestlefestDXB	7:15 – 8:00 PM Stretch by Fitness First	7:00 – 7:45 PM Breathwork by Vanessa Hartmann	7:00 – 7:45 PM Karate by Karate Pro Martial Arts Academy	7:00 – 7:45 PM Power Yoga by Fitness First	7:00 – 7:45 PM Core by Fitness First	7:00 – 7:45 PM Bodyweight Strength Workout by Jason Grima & Team 365

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WEEK 5 - 28 NOVEMBER & 29 NOVEMBER

SATURDAY

SUNDAY

28 NOVEMBER

29 NOVEMBER

6:00 – 6:45 PM
Zumba by Fitness
First

6:15 – 7:00 PM
Functional training
by Fitness First

7:00 – 7:45 PM
Afro dance by
Fitness First

7:15 – 8:00 PM
Stretch by Fitness
First

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