DFC FITNESS HUB - SCHEDULE

DUBAI FITNESS CHALLENGE

FITNESS HUB NAME	JA SPORTS & SHOOTING CLUB 30x30 FITNESS HUB

WEEK 2 - 9 NOVEMBER TO 15 NOVEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9 NOVEMBER	**10 NOVEMBER**	**11 NOVEMBER**	**12 NOVEMBER**	**13 NOVEMBER**	**14 NOVEMBER**	**15 NOVEMBER**
9am - 10:30am Golf Golf Course	9am - 10:30am Tennis Tennis Courts	9am-10:30am Football Football Pitches	1:00–2:00pm Shooting Shooting Range	9am – 10am Padel Tennis Padel Courts	4pm – 7pm Blue Collar Game Cricket JA Cricket Ovals	1pm-4pm Mass Class
4:30pm – 6.pm Tennis Tennis Courts	4:30pm-6pm Golf Golf Course	4:30pm-6pm Football Football Pitches	2:00 - 3:00pm Shooting Shooting Range	4pm – 5pm Cricket Clinic with Desert Vipers JA Cricket Ovals	4 pm – 5pm Cricket Coaching Clinic with Desert Vipers JA Cricket Practice Pitch	
			3:00 - 4:00pm Shooting Shooting Range	5pm – 6pm Cricket Clinic with Desert Vipers JA Cricket Ovals	5 pm - 6 pm Cricket Coaching Clinic with Desert Vipers JA Cricket Practice Pitch	

BOOK VIA: Link HERE