DFC FITNESS HUB - SCHEDULE

DUBAI FITNESS CHALLENGE

FITNESS HUB NAME	THE METROFITT BUSINESS VILLAGE 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**
18:15 NXT KIDSCLASS HALLOWEEN PARTY	11:00 LES MILLS TONE	18:15 STEPFITT ATHLETIC	18:15 LES MILLS TONE	18:15 BOOTCAMP	18:15 SUNSET YOGA	18:15 FITTCLASS
19:30 - 21:00 PRIMAL MOVEMENT BOOTCAMP CLASS	17:00 CIRCUIT	19:30 ZUMBA	19:30 BODYATTACK	19:30 ZUMBA	19:30 BODYCOMBAT	19:30 ZUMBA
	18:30 YOGA	20:15 BOOTCAMP	20:15 BODYCOMBAT	20:15 STEPFITT	20:15 BOLLYFITT	20:15 LES MILLS DANCE

BOOK VIA: https://forms.gle/S8oNH9bQSi9KWwXC8

DFC FITNESS HUB - SCHEDULE

DUBAI FITNESS CHALLENGE

FITNESS HUB NAME	THE METROFITT BUSINESS VILLAGE 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**
18:15 NXT KIDSCLASS	11:00 LES MILLS TONE	18:15 STEPFITT ATHLETIC	18:15 LES MILLS TONE	18:15 BOOTCAMP	18:15 SUNSET YOGA	18:15 FITTCLASS
19:30 - 21:00 BODYATTACK MAX	17:00 CIRCUIT	19:30 ZUMBA	19:30 BODYATTACK	19:30 ZUMBA	19:30 BODYCOMBAT	19:30 ZUMBA
	18:30 YOGA	20:15 BOOTCAMP	20:15 BODYCOMBAT	20:15 STEPFITT	20:15 BOLLYFITT	20:15 LES MILLS DANCE

BOOK VIA: https://forms.gle/S8oNH9bQSi9KWwXC8

DFC FITNESS HUB - SCHEDULE SUBMISSION

DUBAI FITNESS CHALLENGE

FITNESS HUB NAME	THE METROFITT BUSINESS VILLAGE 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**
18:15 NXT KIDSCLASS	11:00 LES MILLS TONE	18:15 STEPFITT ATHLETIC	18:15 LES MILLS TONE	18:15 BOOTCAMP	18:15 SUNSET YOGA	18:15 FITTCLASS
19:30 - 21:00 DANCE FEST MAX (ZUMBA / BOLLYFITT)	17:00 CIRCUIT	19:30 ZUMBA	19:30 BODYATTACK	19:30 ZUMBA	19:30 BODYCOMBAT	19:30 ZUMBA
	18:30 YOGA	20:15 BOOTCAMP	20:15 BODYCOMBAT	20:15 STEPFITT	20:15 BOLLYFITT	20:15 LES MILLS DANCE

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DFC FITNESS HUB - SCHEDULE

DUBAI FITNESS CHALLENGE

FITNESS HUB NAME	THE METROFITT BUSINESS VILLAGE 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**
18:15 NXT KIDSCLASS	11:00 LES MILLS TONE	18:15 STEPFITT ATHLETIC	18:15 LES MILLS TONE	18:15 BOOTCAMP	18:15 SUNSET YOGA	18:15 FITTCLASS
19:30 - 21:00 MOONLIGHT YOGA	17:00 CIRCUIT	19:30 ZUMBA	19:30 BODYATTACK	19:30 ZUMBA	19:30 BODYCOMBAT	19:30 ZUMBA
	18:30 YOGA	20:15 BOOTCAMP	20:15 BODYCOMBAT	20:15 STEPFITT	20:15 BOLLYFITT	20:15 LES MILLS DANCE

BOOK VIA: https://forms.gle/S8oNH9bQSi9KWwXC8

DFC FITNESS HUB - SCHEDULE

DUBAI FITNESS CHALLENGE

FITNESS HUB NAME	THE METROFITT BUSINESS VILLAGE 30X30 FITNESS HUB

WEEK 5 - 28 NOVEMBER & 29 NOVEMBER

SATURDAY	SUNDAY
28 NOVEMBER	**29 NOVEMBER**
18:15 NXT KIDSCLASS	11:00 LES MILLS TONE
19:30 - 21:00 BODYCOMBAT MAX	17:00 CIRCUIT
	18:30 YOGA

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