DFC FITNESS HUB - SCHEDULE

DUBAI FITNESS CHALLENGE

FITNESS HUB NAME	THE MOHAMMED BIN RASHID LIBRARY 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**
		16:00 - 16:45 Kids games Main Grass Stage	16:00 - 17:00 Move, Breath, Refresh By SharkNinja Main grass stage	16:00 - 16:45 Kids games Main Grass Stage	17:00 - 17:45 Kids games Main Grass Stage	17:00 - 17:45 Kids games Main Grass Stage
		17:00 - 17:45 Kids yoga Main Grass Stage	17:00-17:45 Kids games Main Grass Stage	18:00 - 18:45 Main Grass Stage	18:00 - 18:45 Yo pilates Main grass stage Ticketed (Glofox app) YoFit	18:00 - 18:45 Kids yoga Main Grass Stage
		18:00 - 18:45 9D breathwork with Nasima Aboufarid Main grass stage Ticketed (platinumlist.ae)	18:00 - 18:45 How can we create meaningful technology for humanity By Anqa app Amphitheater	19:00 - 19:45 Sculpt Main Grass Stage	19:00 - 19:45 Sculpt Main Grass Stage	19:00 - 19:45 African Aerobics Main grass area
		19:00 - 19:45 Floor pilates Main Grass Stage	18:00 - 18:45 Yo Flo Main grass stage Ticketed (Glofox app) YoFit	19:30-20:00 30x30 happiness challenge by Dr.Louise Lambert Amphitheater	19:00 - 19:45 Mindset & Discipline: Building the habits and resilience required for long-term personal and professional growth Amphitheater	19:00 - 19:45 Maintaining Your Results After 30x30 Amphitheater 20:00-20:40 How to create a successful Run Club by OFC Amphitheater
			19:00 - 19:45 Floor pilates Main Grass Stage			
		20:00 - 20:45 Yin yoga Main Grass Stage	20:00 - 20:45 Immersive Breathwork Experience with Breasy Main grass stage Ticketed (Breasydxb.com)	20:00 - 20:45 Yin yoga Main Grass Stage	20:00 - 20:45 Main grass stage Ticketed (Glofox app) YoFit	20:00 - 20:45 Healing Through Sound By Nassib Bouchebel Main grass stage

BOOK VIA: **Walk – in / register on the respective platform**

DFC FITNESS HUB - SCHEDULE

DUBAI FITNESS CHALLENGE

FITNESS HUB NAME	THE MOHAMMED BIN RASHID LIBRARY 30X30 FITNESS HUB

WEEK 2 – 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**
16:00 - 16:45 Kids games Main Grass Stage		16:00 - 16:45 Kids games Main Grass Stage	16:00 - 16:45 Kids games Main Grass Stage	16:00 - 16:45 Kids games Main Grass Stage	16:00 - 16:45 Kids games Main Grass Stage	16:00 - 16:45 Kids games Main Grass Stage
18:00 – 18:45 MENTAL FITNESS 101 “Adapt & Thrive with Greater Cognitive Flexibility” Amphitheater		17:00-17:45 Kids yoga Main Grass Stage	17:00-17:45 Kids yoga Main Grass Stage	17:00-17:45 Kids yoga Main Grass Stage	17:00-17:45 Kids yoga Main Grass Stage	17:00-17:45 Kids yoga Main Grass Stage
				18:00 - 18:45 Floor pilates Main Grass Stage	18:00 - 18:45 Flo yoga Main Grass Stage	18:00 - 18:45 Yo pilates Main grass stage Ticketed (Glofox app) YoFit
18:00 – 18:45 Bootcamp at sunset by CAMP Main grass stage FREE-Book (trainwithcamp.com)			18:00 – 18:45 Fascia Flow Reset By Jay Kemal Main grass stage- Ticketed (Fasciaflowreset.com)	18:00 – 18:45 CALM AMONGST THE CHAOS “Stay Clear & Focused While Making Better Decisions” Amphitheater	19:00 - 19:45 Mindset and Weight Management Amphitheater	18:00 – 18:45 SUSTAIN YOUR PEAK ENERGY “Unlock Your Flow State & Sustain High Level Performance” Amphitheater
19:00 - 19:45 Kids yoga Main Grass Stage		19:00 - 19:45 Floor pilates Main Grass Stage	19:00 - 19:45 Flo Yoga Main Grass Stage	19:00 - 19:45 Sculpt Main Grass Stage 20:00 - 20:45 من التوتر إلى جودة الحياة؟ تنفّس بوعي د.شافع النيادي Amphitheater	19:00 - 19:45 Yo pilates Main grass stage Ticketed (Glofox app) YoFit	19:00 - 19:45 Yo yin Main grass stage Ticketed (Glofox app) YoFit
20:00 - 20:45 Yin Yoga Main Grass Stage		20:00 - 20:45 Yo yin Main grass stage Ticketed (Glofox app) YoFit	20:00 - 20:45 Yo yin and sound Main grass stage Ticketed (Glofox app) YoFit	20:00 - 20:45 Yo yin and sound Main grass stage Ticketed (Glofox app) YoFit	20:00 - 20:45 Yin yoga Main grass stage	20:00 - 20:45 Sound healing Main grass stage

BOOK VIA: **Walk – in / register on the respective platform**

DFC FITNESS HUB - SCHEDULE

DUBAI FITNESS CHALLENGE

FITNESS HUB NAME	THE MOHAMMED BIN RASHID LIBRARY 30X30 FITNESS HUB

WEEK 2 - 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**
16:00 - 16:45 Kids games Main Grass Stage						
17:00-17:45 Kids yoga Main Grass Stage						
18:00 – 18:45 Mat pilates sunset by CAMP Main Frass Stage FREE-Book (trainwithcamp.com)						
19:00 - 19:45 كيف تؤثر حياتك اليومية في صحة قلبك؟ :قلبك يتذكر د.أحمد جبرون Amphitheater						
19:00 - 19:45 Move, Breath, Refresh By SharkNinja Main grass stage						
20:00 - 20:45 Yin Yoga Main Grass Stage						

BOOK VIA: **Walk – in / register on the respective platform**