DFC FITNESS HUB - SCHEDULE

DUBAI FITNESS CHALLENGE

FITNESS HUB NAME	The PaddlersHub UAE 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**
10:00AM –10:30AM FREE SUP, Mega SUP & Kayak Group Session	10:00AM –10:30AM FREE SUP, Mega SUP & Kayak Group Session	8:30AM-9:00AM FREE SUP, Mega SUP & Kayak Group Session	8:30AM-9:00AM FREE SUP, Mega SUP & Kayak Group Session	8:30AM-9:00AM FREE SUP, Mega SUP & Kayak Group Session	8:30AM-9:00AM FREE SUP, Mega SUP & Kayak Group Session	10:30AM-11:00AM FREE SUP, Mega SUP & Kayak Group Session
11:00 AM-11:30 AM FREE SUP, Mega SUP & Kayak Group Session	11:00AM-11:30AM FREE SUP, Mega SUP & Kayak Group Session	9:30AM-10:00AM FREE SUP, Mega SUP & Kayak Group Session	9:30AM-10:00AM FREE SUP, Mega SUP & Kayak Group Session	9:30AM-10:00AM FREE SUP, Mega SUP & Kayak Group Session	9:30AM-10:00AM FREE SUP, Mega SUP & Kayak Group Session	11:30AM-12:00 PM FREE SUP, Mega SUP & Kayak Group Session

BOOK VIA: **WhatsApp: 0527440560** **BOOKING LINK**

DFC FITNESS HUB - SCHEDULE

DUBAI FITNESS CHALLENGE

FITNESS HUB NAME	The PaddlersHub UAE 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**
09:30AM –10:00AM FREE SUP, Mega SUP & Kayak Group Session	09:30AM –10:00AM FREE SUP, Mega SUP & Kayak Group Session	8:30AM-9:00AM FREE SUP, Mega SUP & Kayak Group Session	8:30AM-9:00AM FREE SUP, Mega SUP & Kayak Group Session	8:30AM-9:00AM FREE SUP, Mega SUP & Kayak Group Session	8:30AM-9:00AM FREE SUP, Mega SUP & Kayak Group Session	10:30AM-11:00AM FREE SUP, Mega SUP & Kayak Group Session
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DFC FITNESS HUB - SCHEDULE

DUBAI FITNESS CHALLENGE

FITNESS HUB NAME	The PaddlersHub UAE 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**
09:30AM –10:00AM FREE SUP, Mega SUP & Kayak Group Session	09:30AM –10:00AM FREE SUP, Mega SUP & Kayak Group Session	8:30AM-9:00AM FREE SUP, Mega SUP & Kayak Group Session	8:30AM-9:00AM FREE SUP, Mega SUP & Kayak Group Session	8:30AM-9:00AM FREE SUP, Mega SUP & Kayak Group Session	8:30AM-9:00AM FREE SUP, Mega SUP & Kayak Group Session	10:30AM-11:00AM FREE SUP, Mega SUP & Kayak Group Session
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DFC FITNESS HUB - SCHEDULE

DUBAI FITNESS CHALLENGE

FITNESS HUB NAME	The PaddlersHub UAE 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**
09:30AM –10:00AM FREE SUP, Mega SUP & Kayak Group Session	09:30AM –10:00AM FREE SUP, Mega SUP & Kayak Group Session	8:30AM-9:00AM FREE SUP, Mega SUP & Kayak Group Session	8:30AM-9:00AM FREE SUP, Mega SUP & Kayak Group Session	8:30AM-9:00AM FREE SUP, Mega SUP & Kayak Group Session	8:30AM-9:00AM FREE SUP, Mega SUP & Kayak Group Session	10:30AM-11:00AM FREE SUP, Mega SUP & Kayak Group Session
10:30AM-11:00AM FREE SUP, Mega SUP & Kayak Group Session	10:30AM-11:00AM FREE SUP, Mega SUP & Kayak Group Session	9:30AM-10:00AM FREE SUP, Mega SUP & Kayak Group Session	9:30AM-10:00AM FREE SUP, Mega SUP & Kayak Group Session	9:30AM-10:00AM FREE SUP, Mega SUP & Kayak Group Session	9:30AM-10:00AM FREE SUP, Mega SUP & Kayak Group Session	11:30AM-12:00 PM FREE SUP, Mega SUP & Kayak Group Session

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DFC FITNESS HUB - SCHEDULE

DUBAI FITNESS CHALLENGE

FITNESS HUB NAME	The PaddlersHub UAE 30x30 Fitness Hub

WEEK 5 - 28 NOVEMBER & 29 NOVEMBER

SATURDAY	SUNDAY
28 NOVEMBER	**29 NOVEMBER**
09:30AM –10:00AM FREE SUP, Mega SUP & Kayak Group Session	09:30AM –10:00AM FREE SUP, Mega SUP & Kayak Group Session
10:30AM-11:00AM FREE SUP, Mega SUP & Kayak Group Session	10:30AM-11:00AM FREE SUP, Mega SUP & Kayak Group Session

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