

DFC FITNESS HUB - SCHEDULE



FITNESS HUB NAME

THE RIXOS THE PALM DUBAI 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
16:00 CrossFit Group Cycling TRX Rixos Event Area	16:00 Bodyweight Workout TRX Rixos Event Area	16:00 CrossFit Group Cycling TRX Rixos Event Area				
17:00 AntiGravity Yoga with Red Light Therapy Ice Bath Journey Mini Reformer Pilates Rixos Event Area	17:00 AntiGravity Yoga with Sound Healing Mini Reformer Pilates Rixos Event Area	17:00 Fly Yoga Sunset Yoga & Sound Healing Rixos Event Area				

BOOK VIA: <https://dfc-sign-up-form.web.app/#day-2026-11-07>