# DFC FITNESS HUB - SCHEDULE

DUBAI FITNESS CHALLENGE

| FITNESS HUB NAME | THE TOPSPIN SPORTS CENTRE 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** |
| | 8:30 - 9:00<br>Adults Tennis<br>(1 Tennis Court) | 8:30 - 9:00<br>Adults Tennis<br>(1 Tennis Court) | 8:30 - 9:00<br>Adults Tennis<br>(1 Tennis Court) | 8:30 - 9:00<br>Adults Tennis<br>(1 Tennis Court) | 8:30 - 9:00<br>Adults Tennis<br>(1 Tennis Court) | 8:30 - 9:00<br>Adults Tennis<br>(1 Tennis Court) |
| | 8:30 - 9:30<br>Adults Padel Tennis<br>(2 courts) | 8:30 - 9:30<br>Adults Padel Tennis<br>(2 courts) | 8:30 - 9:30<br>Adults Padel Tennis<br>(2 courts) | 8:30 - 9:30<br>Adults Padel Tennis<br>(2 courts) | 8:30 - 9:30<br>Adults Padel Tennis<br>(2 courts) | 8:30 - 9:30<br>Adults Padel Tennis<br>(2 courts) |
| | 17:00 -18:00<br>Kid tennis<br>(2 courts) | 17:00 -18:00<br>Kid tennis<br>(2 courts) | 17:00 -18:00<br>Kid tennis<br>(2 courts) | 17:00 -18:00<br>Kid tennis<br>(2 courts) | 17:00 -18:00<br>Kid tennis<br>(2 courts) | 17:00 -18:00<br>Kid tennis<br>(2 courts) |
| | | | | | | |

**BOOK VIA:** **Call or Message on WhatsApp : +97150 3038195**

# DFC FITNESS HUB - SCHEDULE

DUBAI FITNESS CHALLENGE

| FITNESS HUB NAME | THE TOPSPIN SPORTS CENTRE 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** |
| 8:30 - 9:00<br>Adults Tennis<br>(1 Tennis Court) | | | | | | |
| 8:30 - 9:30<br>Adults Padel<br>Tennis<br>(2 courts) | | | | | | |
| 17:00 -18:00<br>Kid tennis<br>(2 courts) | | | | | | |
| | | | | | | |

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