DFC FITNESS HUB - SCHEDULE

DUBAI FITNESS CHALLENGE

FITNESS HUB NAME	THE TOWN SQUARE 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**
17:00 – 18:00 Sound Healing by Flow with Aya Adults 18+ Town Square Main Park	17:00 – 18:00 Hatha Vinyasa by Wellness with Kala Adults 18+ Town Square Main Park	17:00 – 18:00 Eat Smart, Feel Amazing by FitstyleME 18+ Females Only S2DIO 1	18:00 – 19:00 The Coherent Mind by Newmind Adults 18+ S2DIO 1	10:15 – 11:00 Mom + Baby Dance by the Mama Movement 18+ Females Only S2DIO 1	17:00 – 18:00 Sound Healing by Sonic Temple Adults 18+ Town Square Main Park	18:00 – 19:00 Core Crush by Easy Fitness Adults 18+ Town Square Main Park
18:00 – 19:00 Little Warriors by Easy Fitness Kids 6-12 Yrs Town Square Main Park	18:00 – 19:00 Tula Sculpt Pilates by Tula Adults 18+ Town Square Main Park	18:00 – 19:00 Boxing by Spartans All Age Groups Town Square Main Park	18:00 – 19:00 HIIT & HIT by Easy Fitness Adults 18+ Town Square Main Park	17:00 – 18:00 Skin Longevity by Clean Rebel Adults 18+ S2DIO 1	18:00 – 19:00 Goddess Body Workout by Yolates 18+ Females Only Town Square Main Park	19:00 – 20:00 Hip Hop Cardio by Easy Fitness Kids 6-12 Yrs Town Square Main Park
19:00 – 20:00 Goddess Body Workout by Yolates 18+ Females Only Town Square Main Park	19:00 – 20:00 Ritmo Burn by Easy Fitness Adults 18+ Town Square Main Park	19:00 – 20:00 Sunset Reset Yoga by Easy Fitness Adults 18+ Town Square Main Park	19:00 – 20:00 Core Crush by Easy Fitness Adults 18+ Town Square Main Park	18:00 – 19:00 Vinyasa Yoga by Tula Adults 18+ Town Square Main Park	19:00 – 20:00 Full Body Challenge by F45 Adults 18+ Town Square Main Park	
16:00 -17:00 (6-9Yrs) 17:00-18:00 (10-13Yrs) 18:00-19:00 (14-18Yrs) Hoops by NBA Basketball School Safi Basketball Court				19:00 – 20:00 Shape & Burn by Easy Fitness Adults 18+ Town Square Main Park		

BOOK VIA: https://nshama.ae/event/fitness-challenge/

DFC FITNESS HUB - SCHEDULE

DUBAI FITNESS CHALLENGE

FITNESS HUB NAME	THE TOWN SQUARE 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 -17:00 (6-9Yrs) Hoops by NBA Basketball School Safi Basketball Court	17:00 – 18:00 Hatha Vinyasa by Wellness with Kala Adults 18+ Town Square Main Park	17:00 – 18:00 Eat Smart, Feel Amazing by FitstyleME 18+ Females Only S2DIO 1	18:00 – 19:00 The Coherent Mind by Newmind Adults 18+ S2DIO 1	17:00 – 18:00 Skin Longevity by Clean Rebel Adults 18+ S2DIO 1	17:00 – 18:00 Sound Healing by Sonic Temple Adults 18+ Town Square Main Park	18:00 – 19:00 Core Crush by Easy Fitness Adults 18+ Town Square Main Park
17:00-18:00 (10-13Yrs) Hoops by NBA Basketball School Safi Basketball Court	18:00 – 19:00 Tula Sculpt Pilates by Tula Adults 18+ Town Square Main Park	18:00 – 19:00 Boxing by Spartans All Age Groups Town Square Main Park	18:00 – 19:00 HIIT & HIT by Easy Fitness Adults 18+ Town Square Main Park	18:00 – 19:00 Vinyasa Yoga by Tula Adults 18+ Town Square Main Park	18:00 – 19:00 Goddess Body Workout by Yolates 18+ Females Only Town Square Main Park	19:00 – 20:00 Hip Hop Cardio by Easy Fitness Kids 6-12 Yrs Town Square Main Park
18:00-19:00 (14-18Yrs) Hoops by NBA Basketball School Safi Basketball Court	19:00 – 20:00 Ritmo Burn by Easy Fitness Adults 18+ Town Square Main Park	19:00 – 20:00 Sunset Reset Yoga by Easy Fitness Adults 18+ Town Square Main Park	19:00 – 20:00 Core Crush by Easy Fitness Adults 18+ Town Square Main Park	19:00 – 20:00 Shape & Burn by Easy Fitness Adults 18+ Town Square Main Park	19:00 – 20:00 Full Body Challenge by F45 Adults 18+ Town Square Main Park	

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DFC FITNESS HUB - SCHEDULE

DUBAI FITNESS CHALLENGE

FITNESS HUB NAME	THE TOWN SQUARE 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**
17:00 – 18:00 Sound Healing by Flow with Aya Adults 18+ Town Square Main Park	17:00 – 18:00 Hatha Vinyasa by Wellness with Kala Adults 18+ Town Square Main Park	17:00 – 18:00 Eat Smart, Feel Amazing by FitstyleME 18+ Females Only S2DIO 1	18:00 – 19:00 HIIT & HIT by Easy Fitness Adults 18+ Town Square Main Park	10:15 – 11:00 Mom + Baby Dance by the Mama Movement 18+ Females Only S2DIO 1	18:00 – 19:00 Goddess Body Workout by Yolates 18+ Females Only Town Square Main Park	18:00 – 19:00 Core Crush by Easy Fitness Adults 18+ Town Square Main Park
18:00 – 19:00 Little Warriors by Easy Fitness Kids 6-12 Yrs Town Square Main Park	18:00 – 19:00 Tula Sculpt Pilates by Tula Adults 18+ Town Square Main Park	18:00 – 19:00 Boxing by Spartans All Age Groups Town Square Main Park	19:00 – 20:00 Core Crush by Easy Fitness Adults 18+ Town Square Main Park	18:00 – 19:00 Vinyasa Yoga by Tula Adults 18+ Town Square Main Park	19:00 – 20:00 Full Body Challenge by F45 Adults 18+ Town Square Main Park	19:00 – 20:00 Hip Hop Cardio by Easy Fitness Kids 6-12 Yrs Town Square Main Park
19:00 – 20:00 Goddess Body Workout by Yolates 18+ Females Only Town Square Main Park	19:00 – 20:00 Ritmo Burn by Easy Fitness Adults 18+ Town Square Main Park	19:00 – 20:00 Sunset Reset Yoga by Easy Fitness Adults 18+ Town Square Main Park		19:00 – 20:00 Shape & Burn by Easy Fitness Adults 18+ Town Square Main Park		

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DFC FITNESS HUB - SCHEDULE

DUBAI FITNESS CHALLENGE

FITNESS HUB NAME	THE TOWN SQUARE 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**
17:00 – 18:00 Sound Healing by Flow with Aya Adults 18+ Town Square Main Park	18:00 – 19:00 Tula Sculpt Pilates by Tula Adults 18+ Town Square Main Park	17:00 – 18:00 Eat Smart, Feel Amazing by FitstyleME 18+ Females Only S2DIO 1	18:00 – 19:00 HIIT & HIT by Easy Fitness Adults 18+ Town Square Main Park	18:00 – 19:00 Vinyasa Yoga by Tula Adults 18+ Town Square Main Park	18:00 – 19:00 Goddess Body Workout by Yolates 18+ Females Only Town Square Main Park	18:00 – 19:00 Core Crush by Easy Fitness Adults 18+ Town Square Main Park
18:00 – 19:00 Little Warriors by Easy Fitness Kids 6-12 Yrs Town Square Main Park	19:00 – 20:00 Ritmo Burn by Easy Fitness Adults 18+ Town Square Main Park	18:00 – 19:00 Boxing by Spartans All Age Groups Town Square Main Park	19:00 – 20:00 Core Crush by Easy Fitness Adults 18+ Town Square Main Park	19:00 – 20:00 Shape & Burn by Easy Fitness Adults 18+ Town Square Main Park	19:00 – 20:00 Full Body Challenge by F45 Adults 18+ Town Square Main Park	19:00 – 20:00 Hip Hop Cardio by Easy Fitness Kids 6-12 Yrs Town Square Main Park
19:00 – 20:00 Goddess Body Workout by Yolates 18+ Females Only Town Square Main Park		19:00 – 20:00 Sunset Reset Yoga by Easy Fitness Adults 18+ Town Square Main Park				

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DFC FITNESS HUB - SCHEDULE

DUBAI FITNESS CHALLENGE

FITNESS HUB NAME	THE TOWN SQUARE 30X30 FITNESS HUB

WEEK 5 - 28 NOVEMBER & 29 NOVEMBER

SATURDAY	SUNDAY
28 NOVEMBER	**29 NOVEMBER**
17:00 – 18:00 Sound Healing by Flow with Aya Adults 18+ Town Square Main Park	17:00 – 18:00 Hatha Vinyasa by Wellness with Kala Adults 18+ Town Square Main Park
18:00 – 19:00 Little Warriors by Easy Fitness Kids 6-12 Yrs Town Square Main Park	18:00 – 19:00 Tula Sculpt Pilates by Tula Adults 18+ Town Square Main Park
19:00 – 20:00 Goddess Body Workout by Yolates 18+ Females Only Town Square Main Park	19:00 – 20:00 Ritmo Burn by Easy Fitness Adults 18+ Town Square Main Park
16:00 -17:00 (6-9Yrs) 17:00-18:00 (10-13Yrs) 18:00-19:00 (14-18Yrs) Hoops by NBA Basketball School Safi Basketball Court	

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