

DFC FITNESS HUB - SCHEDULE



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+	17:00 – 18:00 Hatha Vinyasa by Wellness with Kaya Adults 18+				17:00 – 18:00 Sound Healing by Sonic Temple Adults 18+	17:00 – 18:00 Theta Waves Meditation by Divinita Healing Adults 18+
18:00 – 19:00 Little Warriors by Easy Fitness Kids 6-12 Yrs	18:00 – 19:00 Tula Sculpt Pilates by Tula Adults 18+	18:00 – 19:00 Boxing by Spartans All Age Groups	18:00 – 19:00 HIIT & HIT by Easy Fitness Adults 18+	18:00 – 19:00 Vinyasa Yoga by Tula Adults 18+	18:00 – 19:00 Goddess Body Workout by Yolates 18+ Females Only	18:00 – 19:00 Core Crush by Easy Fitness Adults 18+
19:00 – 20:00 Goddess Body Workout by Yolates 18+ Females Only	19:00 – 20:00 Ritmo Burn by Easy Fitness Adults 18+	19:00 – 20:00 Sunset Reset Yoga by Easy Fitness Adults 18+	19:00 – 20:00 Core Crush by Easy Fitness	19:00 – 20:00 Shape & Burn by Easy Fitness Adults 18+	19:00 – 20:00 Full Body Challenge by F45 Adults 18+	19:00 – 20:00 Hip Hop Cardio by Easy Fitness Kids 6-12 Yrs
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						

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

DFC FITNESS HUB - SCHEDULE



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
17:00 – 18:00 Sound Healing by Flow with Aya Adults 18+	17:00 – 18:00 Hatha Vinyasa by Wellness with Kaya Adults 18+				17:00 – 18:00 Sound Healing by Sonic Temple Adults 18+	17:00 – 18:00 Theta Waves Meditation by Divinita Healing Adults 18+
18:00 – 19:00 Little Warriors by Easy Fitness Kids 6-12 Yrs	18:00 – 19:00 Tula Sculpt Pilates by Tula Adults 18+	18:00 – 19:00 Boxing by Spartans All Age Groups	18:00 – 19:00 HIIT & HIT by Easy Fitness Adults 18+	18:00 – 19:00 Vinyasa Yoga by Tula Adults 18+	18:00 – 19:00 Goddess Body Workout by Yolates 18+ Females Only	18:00 – 19:00 Core Crush by Easy Fitness Adults 18+
19:00 – 20:00 Goddess Body Workout by Yolates 18+ Females Only	19:00 – 20:00 Ritmo Burn by Easy Fitness Adults 18+	19:00 – 20:00 Sunset Reset Yoga by Easy Fitness Adults 18+	19:00 – 20:00 Core Crush by Easy Fitness	19:00 – 20:00 Shape & Burn by Easy Fitness Adults 18+	19:00 – 20:00 Full Body Challenge by F45 Adults 18+	19:00 – 20:00 Hip Hop Cardio by Easy Fitness Kids 6-12 Yrs
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						

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

DFC FITNESS HUB - SCHEDULE



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

17:00 – 18:00
Sound Healing by
Flow with Aya
Adults 18+

18:00 – 19:00
Little Warriors by
Easy Fitness
Kids 6-12 Yrs

19:00 – 20:00
Goddess Body
Workout by Yolates
18+ Females Only

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

15 NOVEMBER

17:00 – 18:00
Hatha Vinyasa by
Wellness with Kaya
Adults 18+

18:00 – 19:00
Tula Sculpt Pilates by
Tula
Adults 18+

19:00 – 20:00
Ritmo Burn by Easy
Fitness
Adults 18+

16 NOVEMBER

18:00 – 19:00
Boxing by Spartans
All Age Groups

19:00 – 20:00
Sunset Reset Yoga by
Easy Fitness
Adults 18+

17 NOVEMBER

18:00 – 19:00
HIIT & HIT by Easy
Fitness
Adults 18+

19:00 – 20:00
Core Crush by Easy
Fitness

18 NOVEMBER

18:00 – 19:00
Vinyasa Yoga by Tula
Adults 18+

19:00 – 20:00
Shape & Burn by Easy
Fitness
Adults 18+

19 NOVEMBER

17:00 – 18:00
Sound Healing by
Sonic Temple
Adults 18+

18:00 – 19:00
Goddess Body
Workout by Yolates
18+ Females Only

19:00 – 20:00
Full Body Challenge by
F45
Adults 18+

20 NOVEMBER

17:00 – 18:00
Theta Waves
Meditation by Divinita
Healing
Adults 18+

18:00 – 19:00
Core Crush by Easy
Fitness
Adults 18+

19:00 – 20:00
Hip Hop Cardio
by Easy Fitness
Kids 6-12 Yrs

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

DFC FITNESS HUB - SCHEDULE



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+	17:00 – 18:00 Hatha Vinyasa by Wellness with Kaya Adults 18+				17:00 – 18:00 Sound Healing by Sonic Temple Adults 18+	17:00 – 18:00 Theta Waves Meditation by Divinita Healing Adults 18+
18:00 – 19:00 Little Warriors by Easy Fitness Kids 6-12 Yrs	18:00 – 19:00 Tula Sculpt Pilates by Tula Adults 18+	18:00 – 19:00 Boxing by Spartans All Age Groups	18:00 – 19:00 HIIT & HIT by Easy Fitness Adults 18+	18:00 – 19:00 Vinyasa Yoga by Tula Adults 18+	18:00 – 19:00 Goddess Body Workout by Yolates 18+ Females Only	18:00 – 19:00 Core Crush by Easy Fitness Adults 18+
19:00 – 20:00 Goddess Body Workout by Yolates 18+ Females Only	19:00 – 20:00 Ritmo Burn by Easy Fitness Adults 18+	19:00 – 20:00 Sunset Reset Yoga by Easy Fitness Adults 18+	19:00 – 20:00 Core Crush by Easy Fitness	19:00 – 20:00 Shape & Burn by Easy Fitness Adults 18+	19:00 – 20:00 Full Body Challenge by F45 Adults 18+	19:00 – 20:00 Hip Hop Cardio by Easy Fitness Kids 6-12 Yrs
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						

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

DFC FITNESS HUB - SCHEDULE



FITNESS HUB NAME

THE TOWN SQUARE 30X30 FITNESS HUB

WEEK 5 - 28 NOVEMBER & 29 NOVEMBER

SATURDAY

SUNDAY

28 NOVEMBER

17:00 – 18:00
Sound Healing by
Flow with Aya
Adults 18+

18:00 – 19:00
Little Warriors by
Easy Fitness
Kids 6-12 Yrs

19:00 – 20:00
Goddess Body
Workout by Yolates
18+ Females Only

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

29 NOVEMBER

17:00 – 18:00
Hatha Vinyasa by
Wellness with Kaya
Adults 18+

18:00 – 19:00
Tula Sculpt Pilates by
Tula
Adults 18+

19:00 – 20:00
Ritmo Burn by Easy
Fitness
Adults 18+

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