

DFC FITNESS HUB - SCHEDULE



FITNESS HUB NAME

The Wasl Gate - Central Park 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
08:00-08:45 AM Adults Pilates Central Park	08:00-08:45 AM Adults Core & Abs Central Park	08:00-08:45 AM Adults HIIT Workout Central Park	08:00-08:45 AM Adults Hatha Yoga Central Park	08:00-08:45 AM Adults Bootcamp Central Park	08:00-08:45 AM Adults Lower Body & Abs Central Park	08:00-08:45 AM Adults Yoga Flow Central Park
06:30-07:00 PM Kids Kids Bootcamp Central Park	06:30-07:00 PM Kids Zumba Kids Central Park	06:30-07:00 PM Kids Fun Activity & Games Central Park	06:30-07:00 PM Kids Kids Bootcamp Central Park	06:30-07:00 PM Kids Zumba Kids Central Park	06:30-07:00 PM Kids Fun Activity & Games Central Park	06:30-07:00 PM Kids Kids Bootcamp Central Park
7:30 - 08:15 PM Adults Yoga Flow Central Park	7:30 - 08:15 PM Adults Bootcamp Central Park	7:30 - 08:15 PM Adults Zumba Central Park	7:30 - 08:15 PM Adults Pilates Central Park	7:30 - 08:15 PM Adults HIIT Workout Central Park	7:30 - 08:15 PM Adults Hatha Yoga Central Park	7:30 - 08:15 PM Adults Core & Abs Central Park

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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
08:00-08:45 AM Adults Pilates Central Park	08:00-08:45 AM Adults Core & Abs Central Park	08:00-08:45 AM Adults HIIT Workout Central Park	08:00-08:45 AM Adults Hatha Yoga Central Park	08:00-08:45 AM Adults Bootcamp Central Park	08:00-08:45 AM Adults Lower Body & Abs Central Park	08:00-08:45 AM Adults Yoga Flow Central Park
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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
08:00-08:45 AM Adults Pilates Central Park	08:00-08:45 AM Adults Core & Abs Central Park	08:00-08:45 AM Adults HIIT Workout Central Park	08:00-08:45 AM Adults Hatha Yoga Central Park	08:00-08:45 AM Adults Bootcamp Central Park	08:00-08:45 AM Adults Lower Body & Abs Central Park	08:00-08:45 AM Adults Yoga Flow Central Park
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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
08:00-08:45 AM Adults Pilates Central Park	08:00-08:45 AM Adults Core & Abs Central Park	08:00-08:45 AM Adults HIIT Workout Central Park	08:00-08:45 AM Adults Hatha Yoga Central Park	08:00-08:45 AM Adults Bootcamp Central Park	08:00-08:45 AM Adults Lower Body & Abs Central Park	08:00-08:45 AM Adults Yoga Flow Central Park
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WEEK 5 - 28 NOVEMBER & 29 NOVEMBER

SATURDAY

28 NOVEMBER

08:00-08:45 AM
Adults
Pilates
Central Park

06:30-07:00 PM
Zumba Kids
Central Park

7:30 - 08:15 PM
Adults
Yoga Flow
Central Park

SUNDAY

29 NOVEMBER

08:00-08:45 AM
Adults
Core & Abs
Central Park

06:30-07:00 PM
Fun Activity &
Games
Central Park

7:30 - 08:15 PM
Adults
Core & Abs
Central Park

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