

# DFC FITNESS HUB - SCHEDULE



**FITNESS HUB NAME**

**The Wasl Green Park 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                                               |
| 08:00-08:45 AM<br>Adults<br>Yoga Flow<br>Community Park              | 08:00-08:45 AM<br>Adults<br>Pilates<br>Community Park                | 08:00-08:45 AM<br>Adults<br>HIIT Workout<br>Community Park           | 08:00-08:45 AM<br>Adults<br>Hatha Yoga<br>Community Park             | 08:00-08:45 AM<br>Adults<br>Pilates<br>Community Park                | 08:00-08:45 AM<br>Adults<br>Core & Abs<br>Community Park             | 08:00-08:45 AM<br>Adults<br>Hatha Yoga<br>Community Park  |
| 06:30-07:00 PM<br>Kids Activities &<br>Games<br>Club House<br>Studio | 06:30-07:00 PM<br>Kids Activities &<br>Games<br>Club House<br>Studio | 06:30-07:00 PM<br>Kids Activities &<br>Games<br>Club House<br>Studio | 06:30-07:00 PM<br>Kids Activities &<br>Games<br>Club House<br>Studio | 06:30-07:00 PM<br>Kids Activities &<br>Games<br>Club House<br>Studio | 06:30-07:00 PM<br>Kids Activities &<br>Games<br>Club House<br>Studio | 06:30-07:00 PM<br>Zumba Kids<br>Club House<br>Studio      |
| 7:30 - 08:15 PM<br>Adults<br>Zumba<br>Community Park                 | 7:30 - 08:15 PM<br>Adults<br>Bollywood Dance<br>Community Park       | 7:30 - 08:15 PM<br>Adults<br>HIIT<br>Community Park                  | 7:30 - 08:15 PM<br>Adults<br>Core & Abs<br>Community Park            | 7:30 - 08:15 PM<br>Adults<br>Pilates<br>Community Park               | 7:30 - 08:15 PM<br>Adults<br>Zumba<br>Community Park                 | 7:30 - 08:15 PM<br>Adults<br>Hatha Yoga<br>Community Park |
|                                                                      |                                                                      |                                                                      |                                                                      |                                                                      |                                                                      |                                                           |

**BOOK VIA: Walk-in**