

DFC FITNESS HUB - SCHEDULE



FITNESS HUB NAME

The West Beach x Wellfit and Boxica 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
6:00 – 6:30 Wellrun	6:00 – 6:30 Sunrise Yoga	6:00 – 6:30 Sunrise Yoga	6:00 – 6:30 Wellrun			6:00 – 6:30 Sunrise Yoga
6:45 – 7:15 LIFT	6:45 – 7:15 Pilates	6:45 – 7:15 Pilates	6:45 – 7:15 LIFT	6:45 – 7:15 Les Mills	6:45 – 7:15 LIFT	6:45 – 7:15 Pilates
7:30 – 8:00 Ignite Beach Workout	7:30 – 8:00 LIFT			7:30 – 8:00 Les Mills	7:30 – 8:00 Ignite	7:30 – 8:00 Les Mills - CH
8:15 – 8:45 Les Mills BP	8:15 – 8:45 Ignite					8:15 – 8:45 Les Mills - Core
9:00 – 9:30 Zumba						
17:00 – 17:30 Sunset Yoga	17:00 – 17:30 Ignite Beach Workout	17:00 – 17:30 Sunset Yoga	17:00 – 17:30 LIFT	17:00 – 17:30 Sunset Yoga	17:00 – 17:30 LIFT	17:00 – 17:30 Family Wellrun
17:45 – 18:15 Pilates	17:45 – 18:15 LIFT	17:45 – 18:15 Pilates	17:45 – 18:15 Ignite	17:45 – 18:15 Pilates	17:45 – 18:15 Ignite	17:45 – 18:15 Family workout - bodyweight
18:30 – 19:00 Les Mills - CH	18:30 – 19:00 Les Mills - BP	18:30 – 19:00 Les Mills	18:30 – 19:00 Les Mills - CH	18:30 – 19:00 Les Mills	18:30 – 19:00 Les Mills - CH	18:30 – 19:00 Les Mills
19:15 – 19:45 Les Mills - Bodycombat	19:15 – 19:45 Zumba	19:15 – 19:45 Les Mills	19:15 – 19:45 Les Mills - Core	19:15 – 19:45 Les Mills	19:15 – 19:45 Les Mills - Bodycombat	19:15 – 19:45 Les Mills

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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
6:00 – 6:30 Wellrun	6:00 – 6:30 Sunrise Yoga	6:00 – 6:30 Sunrise Yoga	6:00 – 6:30 Wellrun			6:00 – 6:30 Sunrise Yoga
6:45 – 7:15 LIFT	6:45 – 7:15 Pilates	6:45 – 7:15 Pilates	6:45 – 7:15 LIFT	6:45 – 7:15 Les Mills	6:45 – 7:15 LIFT	6:45 – 7:15 Pilates
7:30 – 8:00 Ignite Beach Workout	7:30 – 8:00 LIFT			7:30 – 8:00 Les Mills	7:30 – 8:00 Ignite	7:30 – 8:00 Les Mills - CH
8:15 – 8:45 Les Mills BP	8:15 – 8:45 Ignite					8:15 – 8:45 Les Mills - Core
9:00 – 9:30 Zumba						
17:00 – 17:30 Sunset Yoga	17:00 – 17:30 Ignite Beach Workout	17:00 – 17:30 Sunset Yoga	17:00 – 17:30 LIFT	17:00 – 17:30 Sunset Yoga	17:00 – 17:30 LIFT	17:00 – 17:30 Family Wellrun
17:45 – 18:15 Pilates	17:45 – 18:15 LIFT	17:45 – 18:15 Pilates	17:45 – 18:15 Ignite	17:45 – 18:15 Pilates	17:45 – 18:15 Ignite	17:45 – 18:15 Family workout - bodyweight
18:30 – 19:00 Les Mills - CH	18:30 – 19:00 Les Mills - BP	18:30 – 19:00 Les Mills	18:30 – 19:00 Les Mills - CH	18:30 – 19:00 Les Mills	18:30 – 19:00 Les Mills - CH	18:30 – 19:00 Les Mills
19:15 – 19:45 Les Mills - Bodycombat	19:15 – 19:45 Zumba	19:15 – 19:45 Les Mills	19:15 – 19:45 Les Mills - Core	19:15 – 19:45 Les Mills	19:15 – 19:45 Les Mills - Bodycombat	19:15 – 19:45 Les Mills

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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
6:00 – 6:30 Wellrun	6:00 – 6:30 Sunrise Yoga	6:00 – 6:30 Sunrise Yoga	6:00 – 6:30 Wellrun			6:00 – 6:30 Sunrise Yoga
6:45 – 7:15 LIFT	6:45 – 7:15 Pilates	6:45 – 7:15 Pilates	6:45 – 7:15 LIFT	6:45 – 7:15 Les Mills	6:45 – 7:15 LIFT	6:45 – 7:15 Pilates
7:30 – 8:00 Ignite Beach Workout	7:30 – 8:00 LIFT			7:30 – 8:00 Les Mills	7:30 – 8:00 Ignite	7:30 – 8:00 Les Mills - CH
8:15 – 8:45 Les Mills BP	8:15 – 8:45 Ignite					8:15 – 8:45 Les Mills - Core
9:00 – 9:30 Zumba						
17:00 – 17:30 Sunset Yoga	17:00 – 17:30 Ignite Beach Workout	17:00 – 17:30 Sunset Yoga	17:00 – 17:30 LIFT	17:00 – 17:30 Sunset Yoga	17:00 – 17:30 LIFT	17:00 – 17:30 Family Wellrun
17:45 – 18:15 Pilates	17:45 – 18:15 LIFT	17:45 – 18:15 Pilates	17:45 – 18:15 Ignite	17:45 – 18:15 Pilates	17:45 – 18:15 Ignite	17:45 – 18:15 Family workout - bodyweight
18:30 – 19:00 Les Mills - CH	18:30 – 19:00 Les Mills - BP	18:30 – 19:00 Les Mills	18:30 – 19:00 Les Mills - CH	18:30 – 19:00 Les Mills	18:30 – 19:00 Les Mills - CH	18:30 – 19:00 Les Mills
19:15 – 19:45 Les Mills - Bodycombat	19:15 – 19:45 Zumba	19:15 – 19:45 Les Mills	19:15 – 19:45 Les Mills - Core	19:15 – 19:45 Les Mills	19:15 – 19:45 Les Mills - Bodycombat	19:15 – 19:45 Les Mills

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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
6:00 – 6:30 Wellrun	6:00 – 6:30 Sunrise Yoga	6:00 – 6:30 Sunrise Yoga	6:00 – 6:30 Wellrun			6:00 – 6:30 Sunrise Yoga
6:45 – 7:15 LIFT	6:45 – 7:15 Pilates	6:45 – 7:15 Pilates	6:45 – 7:15 LIFT	6:45 – 7:15 Les Mills	6:45 – 7:15 LIFT	6:45 – 7:15 Pilates
7:30 – 8:00 Ignite Beach Workout	7:30 – 8:00 LIFT			7:30 – 8:00 Les Mills	7:30 – 8:00 Ignite	7:30 – 8:00 Les Mills - CH
8:15 – 8:45 Les Mills BP	8:15 – 8:45 Ignite					8:15 – 8:45 Les Mills - Core
9:00 – 9:30 Zumba						
17:00 – 17:30 Sunset Yoga	17:00 – 17:30 Ignite Beach Workout	17:00 – 17:30 Sunset Yoga	17:00 – 17:30 LIFT	17:00 – 17:30 Sunset Yoga	17:00 – 17:30 LIFT	17:00 – 17:30 Family Wellrun
17:45 – 18:15 Pilates	17:45 – 18:15 LIFT	17:45 – 18:15 Pilates	17:45 – 18:15 Ignite	17:45 – 18:15 Pilates	17:45 – 18:15 Ignite	17:45 – 18:15 Family workout - bodyweight
18:30 – 19:00 Les Mills - CH	18:30 – 19:00 Les Mills - BP	18:30 – 19:00 Les Mills	18:30 – 19:00 Les Mills - CH	18:30 – 19:00 Les Mills	18:30 – 19:00 Les Mills - CH	18:30 – 19:00 Les Mills
19:15 – 19:45 Les Mills - Bodycombat	19:15 – 19:45 Zumba	19:15 – 19:45 Les Mills	19:15 – 19:45 Les Mills - Core	19:15 – 19:45 Les Mills	19:15 – 19:45 Les Mills - Bodycombat	19:15 – 19:45 Les Mills

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WEEK 5 - 28 NOVEMBER & 29 NOVEMBER

SATURDAY

SUNDAY

28 NOVEMBER

29 NOVEMBER

6:00 – 6:30
Wellrun

6:00 – 6:30
Sunrise Yoga

6:45 – 7:15
LIFT

6:45 – 7:15
Pilates

7:30 – 8:00
Ignite Beach Workout

7:30 – 8:00
LIFT

8:15 – 8:45
Les Mills BP

8:15 – 8:45
Ignite

9:00 – 9:30
Zumba

17:00 – 17:30
Sunset Yoga

17:00 – 17:30
Ignite Beach Workout

17:45 – 18:15
Pilates

17:45 – 18:15
LIFT

18:30 – 19:00
Les Mills - CH

18:30 – 19:00
Les Mills - BP

19:15 – 19:45
Les Mills - Bodycombat

19:15 – 19:45
Zumba

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