

DFC FITNESS HUB - SCHEDULE



FITNESS HUB NAME

THE WIND RISES SAILING 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

1:30 PM
TRY SAILING
2 boats · 12 spots

1:30 PM
TRY SAILING
2 boats · 12 spots

1:30 PM
TRY SAILING
2 boats · 12 spots

1:30 PM
TRY SAILING
2 boats · 12 spots

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2 boats · 12 spots

BOOK VIA: [Wind Rises Booking](#) REGISTRATION LINK · PRE-BOOKING REQUIRED

DFC FITNESS HUB - SCHEDULE



FITNESS HUB NAME

The Wind Rises Sailing 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
1:30 PM TRY SAILING 2 boats · 12 spots	1:30 PM TRY SAILING 2 boats · 12 spots	1:30 PM TRY SAILING 2 boats · 12 spots	1:30 PM TRY SAILING 2 boats · 12 spots	1:30 PM TRY SAILING 2 boats · 12 spots	1:30 PM TRY SAILING 2 boats · 12 spots	1:30 PM TRY SAILING 2 boats · 12 spots

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DFC FITNESS HUB - SCHEDULE



FITNESS HUB NAME

The Wind Rises Sailing 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

1:30 PM

TRY SAILING

2 boats · 12 spots

1:30 PM

TRY SAILING

2 boats · 12 spots

1:30 PM

TRY SAILING

2 boats · 12 spots

1:30 PM

TRY SAILING

2 boats · 12 spots

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2 boats · 12 spots

1:30 PM

TRY SAILING

2 boats · 12 spots

1:30 PM

TRY SAILING

2 boats · 12 spots

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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

1:30 PM

TRY SAILING

2 boats · 12 spots

1:30 PM

TRY SAILING

2 boats · 12 spots

1:30 PM

TRY SAILING

2 boats · 12 spots

1:30 PM

TRY SAILING

2 boats · 12 spots

1:30 PM

TRY SAILING

2 boats · 12 spots

1:30 PM

TRY SAILING

2 boats · 12 spots

1:30 PM

TRY SAILING

2 boats · 12 spots

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The Wind Rises Sailing 30x30 Fitness Hub

WEEK 5 - 28 NOVEMBER & 29 NOVEMBER

SATURDAY

SUNDAY

28 NOVEMBER

29 NOVEMBER

1:30 PM

TRY SAILING

2 boats · 12 spots

1:30 PM

TRY SAILING

2 boats · 12 spots

BOOK VIA: DFC REGISTRATION LINK · PRE-BOOKING REQUIRED