DFC FITNESS HUB - SCHEDULE

DUBAI FITNESS CHALLENGE

FITNESS HUB NAME	THE DUBAI HOLDING COMMUNITY MANAGEMENT X ANYTIME FITNESS SCIENCE PARK 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 - 17:30 Zumba Fitness Green Escape Park	17:00 - 17:30 Dance Fusion Green Escape Park	17:00 - 17:30 Zumba Fitness Green Escape Park	17:00 - 17:30 Zumba Fitness Green Escape Park	17:00 - 17:30 Zumba Fitness Green Escape Park	17:00 - 17:30 Zumba Fitness Green Escape Park	17:00 - 17:30 Zumba Fitness Green Escape Park
17:45 - 18:15 AF K.O. Green Escape Park	17:45 - 18:15 Flex & Flow Green Escape Park	17:45 - 18:15 Dance Fusion Green Escape Park	17:45 - 18:15 Dance Fusion Green Escape Park	17:45 - 18:15 Dance Fusion Green Escape Park	17:45 - 18:15 Dance Fusion Green Escape Park	17:45 - 18:15 Dance Fusion Green Escape Park
18:30 - 19:00 Flex & Flow Green Escape Park	18:30 - 19:00 AF HIIT Green Escape Park	18:30 - 19:00 AF K.O. Green Escape Park	18:30 - 19:00 AF K.O. Green Escape Park	18:30 - 19:00 AF K.O. Green Escape Park	18:30 - 19:00 AF K.O. Green Escape Park	18:30 - 19:00 AF K.O. Green Escape Park
19:15 - 19:45 AF HIIT 20:00 - 20:30 Pilates & Stretching	19:15 - 19:45 Pilates & Stretching Green Escape Park	19:15 - 19:45 AF HIIT Green Escape Park	19:15 - 19:45 AF HIIT Green Escape Park	19:15 - 19:45 AF HIIT Green Escape Park	19:15 - 19:45 AF HIIT Green Escape Park	19:15 - 19:45 AF HIIT Green Escape Park

BOOK VIA: https://bit.ly/3TTK7Al

DFC FITNESS HUB - SCHEDULE

DUBAI FITNESS CHALLENGE

FITNESS HUB NAME	THE DUBAI HOLDING COMMUNITY MANAGEMENT X ANYTIME FITNESS SCIENCE PARK 30X30 FITNESS HUB

WEEK 5 - 28 NOVEMBER & 29 NOVEMBER

SATURDAY	SUNDAY
28 NOVEMBER	**29 NOVEMBER**
17:00 - 17:30 Zumba Fitness Green Escape Park	17:00 - 17:30 Dance Fusion Green Escape Park
17:45 - 18:15 AF K.O. Green Escape Park	17:45 - 18:15 Flex & Flow Green Escape Park
18:30 - 19:00 Flex & Flow Green Escape Park	18:30 - 19:00 AF HIIT Green Escape Park
19:15 - 19:45 AF HIIT 20:00 - 20:30 Pilates & Stretching	19:15 - 19:45 Pilates & Stretching Green Escape Park

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