DFC FITNESS HUB - SCHEDULE

DUBAI FITNESS CHALLENGE

FITNESS HUB NAME	THE DUBAI HOLDING COMMUNITY MANAGEMENT X ANYTIME FITNESS JVC 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**
17:00 - 17:30 Zumba Fitness Netball Court Entrance	17:00 - 17:30 Dance Fusion Netball Court Entrance	17:00 - 17:30 Zumba Fitness Netball Court Entrance	17:00 - 17:30 Zumba Fitness Netball Court Entrance	17:00 - 17:30 Zumba Fitness Netball Court Entrance	17:00 - 17:30 Zumba Fitness Netball Court Entrance	17:00 - 17:30 Zumba Fitness Netball Court Entrance
17:45 - 18:15 AF K.O. Netball Court Entrance	17:45 - 18:15 Flex & Flow Netball Court Entrance	17:45 - 18:15 Dance Fusion Netball Court Entrance	17:45 - 18:15 Dance Fusion Netball Court Entrance	17:45 - 18:15 Dance Fusion Netball Court Entrance	17:45 - 18:15 Dance Fusion Netball Court Entrance	17:45 - 18:15 Dance Fusion Netball Court Entrance
18:30 - 19:00 Flex & Flow Netball Court Entrance	18:30 - 19:00 AF HIIT Netball Court Entrance	18:30 - 19:00 AF K.O. Netball Court Entrance	18:30 - 19:00 AF K.O. Netball Court Entrance	18:30 - 19:00 AF K.O. Netball Court Entrance	18:30 - 19:00 AF K.O. Netball Court Entrance	18:30 - 19:00 AF K.O. Netball Court Entrance
19:15 - 19:45 AF HIIT 20:00 - 20:30 Pilates & Stretching	19:15 - 19:45 Pilates & Stretching Netball Court Entrance	19:15 - 19:45 AF HIIT Netball Court Entrance	19:15 - 19:45 AF HIIT Netball Court Entrance	19:15 - 19:45 AF HIIT Netball Court Entrance	19:15 - 19:45 AF HIIT Netball Court Entrance	19:15 - 19:45 AF HIIT Netball Court Entrance

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