



29 OCT - 27 NOV 2022

## DP WORLD KITE BEACH FITNESS VILLAGE - WEEK 4

# AVIV ROW

Start Date	Start time AM / PM	Finish time AM / PM	Duration (mins)	Recurrence	Zone Name	Activity Type	Activity	Activity Description	Provider
19 Nov 2022	7:00 AM	9:30 AM	150	SATURDAY	AVIV ROW	ROWING	OPEN GYM NO CLASS OFFERING	OPEN GYM NO CLASS OFFERING	
19 Nov 2022	9:30 AM	10:00 AM	30	SATURDAY	AVIV ROW	ROWING	ROWING INTERVALS	Cardio & strength workout. Rowing is a natural & functional motion, easy to pick it up with instruction and/or spending time focusing on technique.	
19 Nov 2022	10:30 AM	11:00 AM	30	SATURDAY	AVIV ROW	ROWING	ROWING INTERVALS	Cardio & strength workout. Rowing is a natural & functional motion, easy to pick it up with instruction and/or spending time focusing on technique.	
19 Nov 2022	11:30 AM	12:00 PM	30	SATURDAY	AVIV ROW	ROWING	ROWING INTERVALS	Cardio & strength workout. Rowing is a natural & functional motion, easy to pick it up with instruction and/or spending time focusing on technique.	
19 Nov 2022	12:30 PM	1:00 PM	30	SATURDAY	AVIV ROW	ROWING	ROWING INTERVALS	Cardio & strength workout. Rowing is a natural & functional motion, easy to pick it up with instruction and/or spending time focusing on technique.	
19 Nov 2022	1:30 PM	2:00 PM	30	SATURDAY	AVIV ROW	ROWING	ROWING INTERVALS	Cardio & strength workout. Rowing is a natural & functional motion, easy to pick it up with instruction and/or spending time focusing on technique.	
19 Nov 2022	6:00 PM	6:30 PM	30	SATURDAY	AVIV ROW	ROWING	HIIT & ROW	Fit is HIIT! Challenge yourself with a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise.	ALVIN
19 Nov 2022	7:00 PM	7:30 PM	30	SATURDAY	AVIV ROW	ROWING	ROWING TECHNIQUES	Cardio & strength workout. Rowing is a natural & functional motion, easy to pick it up with instruction and/or spending time focusing on technique.	ALVIN
19 Nov 2022	9:00 PM	9:30 PM	30	SATURDAY	AVIV ROW	ROWING	ROWING TECHNIQUES	Cardio & strength workout. Rowing is a natural & functional motion, easy to pick it up with instruction and/or spending time focusing on technique.	ALVIN
19 Nov 2022	10:00 PM	10:30 PM	30	SATURDAY	AVIV ROW	ROWING	HIIT & ROW	Fit is HIIT! Challenge yourself with a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise.	ALVIN
20 Nov 2022	9:30 AM	10:00 AM	30	SUNDAY	AVIV ROW	ROWING	ROWING INTERVALS	Cardio & strength workout. Rowing is a natural & functional motion, easy to pick it up with instruction and/or spending time focusing on technique.	
20 Nov 2022	10:30 AM	11:00 AM	30	SUNDAY	AVIV ROW	ROWING	ROWING INTERVALS	Cardio & strength workout. Rowing is a natural & functional motion, easy to pick it up with instruction and/or spending time focusing on technique.	
20 Nov 2022	11:30 AM	12:00 PM	30	SUNDAY	AVIV ROW	ROWING	ROWING INTERVALS	Cardio & strength workout. Rowing is a natural & functional motion, easy to pick it up with instruction and/or spending time focusing on technique.	
20 Nov 2022	12:30 PM	1:00 PM	30	SUNDAY	AVIV ROW	ROWING	ROWING INTERVALS	Cardio & strength workout. Rowing is a natural & functional motion, easy to pick it up with instruction and/or spending time focusing on technique.	
20 Nov 2022	1:30 PM	2:00 PM	30	SUNDAY	AVIV ROW	ROWING	ROWING INTERVALS	Cardio & strength workout. Rowing is a natural & functional motion, easy to pick it up with instruction and/or spending time focusing on technique.	
20 Nov 2022	6:00 PM	6:30 PM	30	SUNDAY	AVIV ROW	ROWING	HIIT & ROW	Fit is HIIT! Challenge yourself with a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise.	ALVIN
20 Nov 2022	7:00 PM	7:30 PM	30	SUNDAY	AVIV ROW	ROWING	ROWING TECHNIQUES	Cardio & strength workout. Rowing is a natural & functional motion, easy to pick it up with instruction and/or spending time focusing on technique.	ALVIN
20 Nov 2022	8:00 PM	8:30 PM	30	SUNDAY	AVIV ROW	ROWING	HIIT & ROW	Fit is HIIT! Challenge yourself with a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise.	ALVIN
20 Nov 2022	9:00 PM	9:30 PM	30	SUNDAY	AVIV ROW	ROWING	ROWING TECHNIQUES	Cardio & strength workout. Rowing is a natural & functional motion, easy to pick it up with instruction and/or spending time focusing on technique.	ALVIN
20 Nov 2022	10:00 PM	10:30 PM	30	SUNDAY	AVIV ROW	ROWING	HIIT & ROW	Fit is HIIT! Challenge yourself with a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise.	ALVIN
21 Nov 2022	4:00 PM	4:30 PM	30	MONDAY	AVIV ROW	ROWING	ROWING TECHNIQUES	Cardio & strength workout. Rowing is a natural & functional motion, easy to pick it up with instruction and/or spending time focusing on technique.	ALVIN
21 Nov 2022	5:00 PM	5:30 PM	30	MONDAY	AVIV ROW	ROWING	HIIT & ROW	Fit is HIIT! Challenge yourself with a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise.	ALVIN







25 Nov 2022	7:00 PM	7:30 PM	30	FRIDAY	AVIV ROW	ROWING	ROWING TECHNIQUES	Cardio & strength workout. Rowing is a natural & functional motion, easy to pick it up with instruction and/or spending time focusing on technique.	BENJOHN
25 Nov 2022	8:00 PM	8:30 PM	30	FRIDAY	AVIV ROW	ROWING	HIIT & ROW	Fit is HIIT! Challenge yourself with a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise.	ALVIN
25 Nov 2022	9:00 PM	9:30 PM	30	FRIDAY	AVIV ROW	ROWING	ROWING TECHNIQUES	Cardio & strength workout. Rowing is a natural & functional motion, easy to pick it up with instruction and/or spending time focusing on technique.	ALVIN
25 Nov 2022	10:00 PM	10:30 PM	30	FRIDAY	AVIV ROW	ROWING	HIIT & ROW	Fit is HIIT! Challenge yourself with a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise.	ALVIN
26 Nov 2022	7:00 AM	10:00 AM	180	SATURDAY	AVIV ROW	ROWING	OPEN GYM	OPEN GYM NO CLASS OFFERING	
26 Nov 2022	9:30 AM	10:00 AM	30	SATURDAY	AVIV ROW	ROWING	ROWING INTERVALS	Cardio & strength workout. Rowing is a natural & functional motion, easy to pick it up with instruction and/or spending time focusing on technique.	
26 Nov 2022	10:30 AM	11:00 AM	30	SATURDAY	AVIV ROW	ROWING	ROWING INTERVALS	Cardio & strength workout. Rowing is a natural & functional motion, easy to pick it up with instruction and/or spending time focusing on technique.	
26 Nov 2022	11:30 AM	12:00 PM	30	SATURDAY	AVIV ROW	ROWING	ROWING INTERVALS	Cardio & strength workout. Rowing is a natural & functional motion, easy to pick it up with instruction and/or spending time focusing on technique.	
26 Nov 2022	12:30 PM	1:00 PM	30	SATURDAY	AVIV ROW	ROWING	ROWING INTERVALS	Cardio & strength workout. Rowing is a natural & functional motion, easy to pick it up with instruction and/or spending time focusing on technique.	
26 Nov 2022	1:30 PM	2:00 PM	30	SATURDAY	AVIV ROW	ROWING	ROWING INTERVALS	Cardio & strength workout. Rowing is a natural & functional motion, easy to pick it up with instruction and/or spending time focusing on technique.	
26 Nov 2022	6:00 PM	6:30 PM	30	SATURDAY	AVIV ROW	ROWING	HIIT & ROW	Fit is HIIT! Challenge yourself with a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise.	
26 Nov 2022	7:00 PM	7:30 PM	30	SATURDAY	AVIV ROW	ROWING	ROWING TECHNIQUES	Cardio & strength workout. Rowing is a natural & functional motion, easy to pick it up with instruction and/or spending time focusing on technique.	
26 Nov 2022	8:00 PM	8:30 PM	30	SATURDAY	AVIV ROW	ROWING	HIIT & ROW	Fit is HIIT! Challenge yourself with a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise.	
26 Nov 2022	9:00 PM	9:30 PM	30	SATURDAY	AVIV ROW	ROWING	ROWING INTERVALS	Cardio & strength workout. Rowing is a natural & functional motion, easy to pick it up with instruction and/or spending time focusing on technique.	
26 Nov 2022	10:00 PM	10:30 PM	30	SATURDAY	AVIV ROW	ROWING	HIIT & ROW	Fit is HIIT! Challenge yourself with a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise.	
27 Nov 2022	11:00 AM	11:30 AM	30	SUNDAY	AVIV ROW	ROWING	ROWING INTERVALS	Cardio & strength workout. Rowing is a natural & functional motion, easy to pick it up with instruction and/or spending time focusing on technique.	RENANTE
27 Nov 2022	12:00 PM	12:30 PM	30	SUNDAY	AVIV ROW	ROWING	ROWING INTERVALS	Cardio & strength workout. Rowing is a natural & functional motion, easy to pick it up with instruction and/or spending time focusing on technique.	RENANTE
27 Nov 2022	1:00 PM	1:30 PM	30	SUNDAY	AVIV ROW	ROWING	ROWING INTERVALS	Cardio & strength workout. Rowing is a natural & functional motion, easy to pick it up with instruction and/or spending time focusing on technique.	RENANTE
27 Nov 2022	6:00 PM	6:30 PM	30	SUNDAY	AVIV ROW	ROWING	HIIT & ROW	Fit is HIIT! Challenge yourself with a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise.	
27 Nov 2022	7:00 PM	7:30 PM	30	SUNDAY	AVIV ROW	ROWING	ROWING TECHNIQUES	Cardio & strength workout. Rowing is a natural & functional motion, easy to pick it up with instruction and/or spending time focusing on technique.	
27 Nov 2022	8:00 PM	8:30 PM	30	SUNDAY	AVIV ROW	ROWING	HIIT & ROW	Fit is HIIT! Challenge yourself with a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise.	
27 Nov 2022	9:00 PM	9:30 PM	30	SUNDAY	AVIV ROW	ROWING	ROWING INTERVALS	Cardio & strength workout. Rowing is a natural & functional motion, easy to pick it up with instruction and/or spending time focusing on technique.	
27 Nov 2022	10:00 PM	10:30 PM	30	SUNDAY	AVIV ROW	ROWING	HIIT & ROW	Fit is HIIT! Challenge yourself with a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise.	

