

RUN AND RIDE CENTRAL

**ONE CENTRAL
DUBAI SOUTH SPINNING HUB**

DATE	START TIME	FINISH TIME	SESSION	PROVIDER
SATURDAY, NOVEMBER 18, 2023	7:00	7:30	SPINNING	HENRIQUE
	8:00	8:30	SPINNING	HENRIQUE
	13:00	13:30	SPRINT	LES MILLS
	17:00	17:30	ENDURANCE BY SIRO	SIRO
	18:00	18:30	SPIN CLASS	MONIKA
	19:15	19:45	SPINNING	AHMED NAJEB
	20:15	20:45	SPINNING	FITNESS FIRST
SUNDAY, NOVEMBER 19, 2023	7:00	7:30	SPINNING	AHMED NAJEB
	8:00	8:30	SPINNING	AHMED NAJEB
	13:00	13:30	SPINNING	AHMED NAJEB
	16:00	16:30	SPIN CLASS	SARA
	17:00	17:30	SPEED BY SIRO	SIRO
	18:00	18:30	SPIN CLASS	MONIKA
	20:15	20:45	SPINNING	FITNESS FIRST
MONDAY, NOVEMBER 20, 2023	7:00	7:30	SPINNING	YOUSSEF
	8:00	8:30	SPINNING	YOUSSEF
	18:00	18:00	SPINNING	HENRIQUE
	19:15	19:45	SPINNING	HENRIQUE
TUESDAY, NOVEMBER 21, 2023	7:00	7:30	SPINNING	YOUSSEF
	8:00	8:30	SPINNING	YOUSSEF
	18:00	18:30	SPIN CLASS	OMAR
	19:15	19:45	SPIN CLASS	OMAR
	20:15	20:45	SPIN CLASS	MONIKA
WEDNESDAY, NOVEMBER 22, 2023	7:00	7:30	SPINNING	YOUSSEF
	8:00	8:30	SPINNING	YOUSSEF
	18:00	18:30	SPINNING	HENRIQUE
	19:15	19:45	SPINNING	HENRIQUE
	20:15	20:45	SPINNING	AHMED NAJEB



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DATE	START TIME	FINISH TIME	SESSION	PROVIDER
THURSDAY, NOVEMBER 23, 2023	7:00	7:30	SPIN CLASS	SARA
	8:00	8:30	SPINNING	YOUSSEF
	18:00	18:30	SPIN CLASS	OMAR
	19:15	20:45	SPINNING	AIDA
	20:15	20:45	SPIN CLASS	MONIKA
FRIDAY, NOVEMBER 24, 2023	7:00	7:30	SPINNING	YOUSSEF
	8:00	8:30	SPINNING	YOUSSEF
	18:00	18:30	SPINNING	FITNESS FIRST
	19:15	19:45	SPINNING	HANAN
	20:15	20:45	SPINNING	NAJEB
SATURDAY, NOVEMBER 25, 2023	7:00	7:30	SPINNING	HANAN
	8:00	8:30	SPINNING	HANAN
	17:00	17:30	SPEED BY SIRO	SIRO
	18:00	18:30	SPIN CLASS	MONIKA
	19:15	19:45	SPINNING	AHMED NAJEB
	20:15	20:45	SPINNING	FITNESS FIRST
SUNDAY, NOVEMBER 26, 2023	16:00	16:30	SPIN CLASS	MONIKA
	17:00	17:30	ENDURANCE BY SIRO	SIRO
	19:15	19:45	SPINNING	HENRIQUE
	20:15	20:45	SPINNING	FITNESS FIRST

