

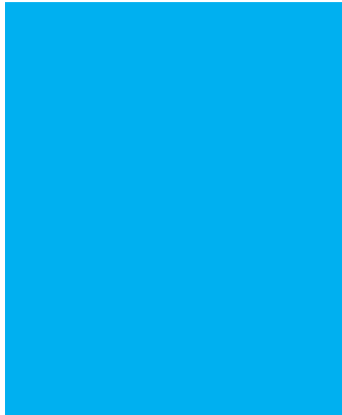


29 OCT - 27 NOV 2022

DP WORLD KITE BEACH FITNESS VILLAGE - WEEK 4

KIDS PLAY

Start Date	Start time AM / PM	Finish time AM / PM	Duration (mins)	Recurrence	Zone Name	Activity Type	Activity	Activity Description
19 Nov 2022	8:30 AM	9:00 AM	30	SATURDAY	KIDS PLAY	KIDS FITNESS	JUMP ROPE MATH GAME	Classes and activities designed to improve overall fitness, coordination, motor skills and confidence geared specifically to youth.
19 Nov 2022	9:30 AM	10:00 AM	30	SATURDAY	KIDS PLAY	KIDS FITNESS	RELAY GAMES	These relay activities are sure to keep kids of all ages having fun and even getting some physical exercise along the way. Relay races are a great way to teach kids how to be part of a team as well as learning social skills.
19 Nov 2022	10:30 AM	11:00 AM	30	SATURDAY	KIDS PLAY	KIDS FITNESS	GENERATION POUND	Kids will learn alternative ways to explore movement, embrace their creativity and ROCK OUT - ultimately building strength, confidence and self-awareness.
19 Nov 2022	11:00 AM	11:30 AM	30	SATURDAY	KIDS PLAY	KIDS FITNESS	OBSTACLE COURSE	This is a series of challenging physical obstacles an individual or a team must navigate.
19 Nov 2022	11:30 AM	12:00 PM	30	SATURDAY	KIDS PLAY	KIDS FITNESS	OBSTACLE COURSE	This is a series of challenging physical obstacles an individual or a team must navigate.
19 Nov 2022	12:00 PM	12:30 PM	30	SATURDAY	KIDS PLAY	KIDS FITNESS	OBSTACLE COURSE	This is a series of challenging physical obstacles an individual or a team must navigate.
19 Nov 2022	12:30 PM	1:00 PM	30	SATURDAY	KIDS PLAY	KIDS FITNESS	OBSTACLE COURSE	This is a series of challenging physical obstacles an individual or a team must navigate.
19 Nov 2022	1:00 PM	1:30 PM	30	SATURDAY	KIDS PLAY	KIDS FITNESS	OBSTACLE COURSE	This is a series of challenging physical obstacles an individual or a team must navigate.
19 Nov 2022	1:30 PM	2:00 PM	30	SATURDAY	KIDS PLAY	KIDS FITNESS	OBSTACLE COURSE	This is a series of challenging physical obstacles an individual or a team must navigate.
19 Nov 2022	2:00 PM	2:30 PM	30	SATURDAY	KIDS PLAY	KIDS FITNESS	OBSTACLE COURSE	This is a series of challenging physical obstacles an individual or a team must navigate.
19 Nov 2022	2:30 PM	3:00 PM	30	SATURDAY	KIDS PLAY	KIDS FITNESS	OBSTACLE COURSE	This is a series of challenging physical obstacles an individual or a team must navigate.
19 Nov 2022	3:00 PM	3:30 PM	30	SATURDAY	KIDS PLAY	KIDS FITNESS	OBSTACLE COURSE	This is a series of challenging physical obstacles an individual or a team must navigate.
19 Nov 2022	3:30 PM	4:00 PM	30	SATURDAY	KIDS PLAY	KIDS FITNESS	OBSTACLE COURSE	This is a series of challenging physical obstacles an individual or a team must navigate.
19 Nov 2022	4:00 PM	4:30 PM	30	SATURDAY	KIDS PLAY	KIDS FITNESS	OBSTACLE COURSE	This is a series of challenging physical obstacles an individual or a team must navigate.
19 Nov 2022	4:30 PM	5:00 PM	30	SATURDAY	KIDS PLAY	KIDS FITNESS	KIDS YOGA	Incorporate fun, play and yoga movements taking the kids on a different adventure
19 Nov 2022	5:00 PM	5:30 PM	30	SATURDAY	KIDS PLAY	KIDS FITNESS	OBSTACLE COURSE	This is a series of challenging physical obstacles an individual or a team must navigate.
19 Nov 2022	5:30 PM	6:00 PM	30	SATURDAY	KIDS PLAY	KIDS FITNESS	KIDS YOGA	Incorporate fun, play and yoga movements taking the kids on a different adventure
19 Nov 2022	6:30 PM	7:00 PM	30	SATURDAY	KIDS PLAY	KIDS FITNESS	RELAY GAMES	These relay activities are sure to keep kids of all ages having fun and even getting some physical exercise along the way. Relay races are a great way to teach kids how to be part of a team as well as learning social skills.
19 Nov 2022	7:30 PM	8:00 PM	30	SATURDAY	KIDS PLAY	KIDS FITNESS	OBSTACLE GAMES	This is a series of challenging physical obstacles an individual or a team must navigate.
19 Nov 2022	8:30 PM	9:00 PM	30	SATURDAY	KIDS PLAY	KIDS FITNESS	SPORTS GAMES	This is a series of challenging physical obstacles an individual or a team must navigate.



Provider
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20 Nov 2022	8:30 AM	9:00 AM	30	SUNDAY	KIDS PLAY	KIDS FITNESS	JUMP ROPE MATH GAME	Classes and activities designed to improve overall fitness, coordination, motor skills and confidence geared specifically to youth.
20 Nov 2022	9:30 AM	10:00 AM	30	SUNDAY	KIDS PLAY	KIDS FITNESS	KIDS BOOTCAMP	Bootcamp workouts are high-intensity and have a tone of benefits. Try team or partner-based workouts for serious stamina building!
20 Nov 2022	10:00 AM	10:30 AM	30	SUNDAY	KIDS PLAY	KIDS FITNESS	YOGA KIDS	A yoga class designed for children, engage children and give them the tools to feel calmer, happier, and more peaceful inside.
20 Nov 2022	10:30 AM	11:00 AM	30	SUNDAY	KIDS PLAY	KIDS FITNESS	SPORTS GAMES	This is a series of challenging physical obstacles an individual or a team must navigate.
20 Nov 2022	11:00 AM	11:30 AM	30	SUNDAY	KIDS PLAY	KIDS FITNESS	OBSTACLE COURSE	This is a series of challenging physical obstacles an individual or a team must navigate.
20 Nov 2022	11:30 AM	12:00 PM	30	SUNDAY	KIDS PLAY	KIDS FITNESS	GENERATION POUND	Kids will learn alternative ways to explore movement, embrace their creativity and ROCK OUT - ultimately building strength, confidence and self-awareness.
20 Nov 2022	12:00 PM	12:30 PM	30	SUNDAY	KIDS PLAY	KIDS FITNESS	OBSTACLE COURSE	This is a series of challenging physical obstacles an individual or a team must navigate.
20 Nov 2022	12:30 PM	1:00 PM	30	SUNDAY	KIDS PLAY	KIDS FITNESS	OBSTACLE COURSE	This is a series of challenging physical obstacles an individual or a team must navigate.
20 Nov 2022	1:00 PM	1:30 PM	30	SUNDAY	KIDS PLAY	KIDS FITNESS	OBSTACLE COURSE	This is a series of challenging physical obstacles an individual or a team must navigate.
20 Nov 2022	1:30 PM	2:00 PM	30	SUNDAY	KIDS PLAY	KIDS FITNESS	OBSTACLE COURSE	This is a series of challenging physical obstacles an individual or a team must navigate.
20 Nov 2022	2:00 PM	2:30 PM	30	SUNDAY	KIDS PLAY	KIDS FITNESS	OBSTACLE COURSE	This is a series of challenging physical obstacles an individual or a team must navigate.
20 Nov 2022	2:30 PM	3:00 PM	30	SUNDAY	KIDS PLAY	KIDS FITNESS	OBSTACLE COURSE	This is a series of challenging physical obstacles an individual or a team must navigate.
20 Nov 2022	3:00 PM	3:30 PM	30	SUNDAY	KIDS PLAY	KIDS FITNESS	OBSTACLE COURSE	This is a series of challenging physical obstacles an individual or a team must navigate.
20 Nov 2022	3:30 PM	4:00 PM	30	SUNDAY	KIDS PLAY	KIDS FITNESS	OBSTACLE COURSE	This is a series of challenging physical obstacles an individual or a team must navigate.
20 Nov 2022	4:00 PM	4:30 PM	30	SUNDAY	KIDS PLAY	KIDS FITNESS	OBSTACLE COURSE	This is a series of challenging physical obstacles an individual or a team must navigate.
20 Nov 2022	4:30 PM	5:00 PM	30	SUNDAY	KIDS PLAY	KIDS FITNESS	OBSTACLE COURSE	This is a series of challenging physical obstacles an individual or a team must navigate.
20 Nov 2022	5:00 PM	5:30 PM	30	SUNDAY	KIDS PLAY	KIDS FITNESS	OBSTACLE COURSE	This is a series of challenging physical obstacles an individual or a team must navigate.
20 Nov 2022	5:30 PM	6:00 PM	30	SUNDAY	KIDS PLAY	KIDS FITNESS	OBSTACLE COURSE	This is a series of challenging physical obstacles an individual or a team must navigate.
20 Nov 2022	6:30 PM	7:00 PM	30	SUNDAY	KIDS PLAY	KIDS FITNESS	KIDS SQUASH HIIT	Interval-based sessions are also ideal for developing squash-specific conditioning, as they challenge both the aerobic and anaerobic energy systems, and replicate perfectly the stop/start nature of squash – bursts of high-intensity activity during rallies, followed by short periods of rest between points.
20 Nov 2022	7:30 PM	8:00 PM	30	SUNDAY	KIDS PLAY	KIDS FITNESS	RUNNING ACTIVITIES	A fun activity with series of walking to running.
20 Nov 2022	8:30 PM	9:00 PM	30	SUNDAY	KIDS PLAY	KIDS FITNESS	SPORTS GAMES	This is a series of challenging physical obstacles an individual or a team must navigate.
21 Nov 2022	4:00 PM	4:30 PM	30	MONDAY	KIDS PLAY	KIDS FITNESS	ZUMBA KIDS	Classes are rockin', high-energy dance parties packed with kid-friendly routines.
21 Nov 2022	5:00 PM	5:30 PM	30	MONDAY	KIDS PLAY	KIDS FITNESS	ZUMBA KIDS	Classes are rockin', high-energy dance parties packed with kid-friendly routines.
21 Nov 2022	6:00 PM	6:30 PM	30	MONDAY	KIDS PLAY	KIDS FITNESS	KIDS PLAY BOOTCAMP	Bootcamp workouts are high-intensity and have a tone of benefits. Try team or partner-based workouts for serious stamina building!
21 Nov 2022	7:00 PM	7:30 PM	30	MONDAY	KIDS PLAY	KIDS FITNESS	SLIPPING ACTIVITIES	<u>A skipping rope (British English) or jump rope (American English) is a tool used in the sport of skipping/jump rope where one or more participants jump over a rope swung so that it passes under their feet and over their heads.</u>

21 Nov 2022	7:30 PM	8:00 PM	30	MONDAY	KIDS PLAY	KIDS FITNESS	YOGA	On the physical level, yoga postures, called asanas, are designed to tone, strengthen, and align the body. These postures are performed to make the spine supple and healthy and to promote blood flow to all the organs, glands, and tissues, keeping all the bodily systems healthy.
21 Nov 2022	8:00 PM	8:30 PM	30	MONDAY	KIDS PLAY	KIDS FITNESS	RUNNING ACTIVITIES	A fun activity with series of walking to running.
22 Nov 2022	5:00 PM	5:30 PM	30	TUESDAY	KIDS PLAY	KIDS FITNESS	OBSTACLE RACE	This is a series of challenging physical obstacles an individual or a team must navigate.
22 Nov 2022	6:00 PM	6:30 PM	30	TUESDAY	KIDS PLAY	KIDS FITNESS	KIDS PLAY BOOTCAMP	Bootcamp workouts are high-intensity and have a tone of benefits. Try team or partner-based workouts for serious stamina building!
22 Nov 2022	7:00 PM	7:30 PM	30	TUESDAY	KIDS PLAY	KIDS FITNESS	KIDS SQUASH HIIT	Interval-based sessions are also ideal for developing squash-specific conditioning, as they challenge both the aerobic and anaerobic energy systems, and replicate perfectly the stop/start nature of squash – bursts of high-intensity activity during rallies, followed by short periods of rest between points.
22 Nov 2022	8:00 PM	8:30 PM	30	TUESDAY	KIDS PLAY	KIDS FITNESS	RUNNING ACTIVITIES	A fun activity with series of walking to running.
22 Nov 2022	9:00 PM	9:30 PM	30	TUESDAY	KIDS PLAY	KIDS FITNESS	KIDS PLAY BOOTCAMP	Bootcamp workouts are high-intensity and have a tone of benefits. Try team or partner-based workouts for serious stamina building!
23 Nov 2022	4:00 PM	4:30 PM	30	WEDNESDAY	KIDS PLAY	KIDS FITNESS	ZUMBA FOR KIDS	Classes are rockin', high-energy dance parties packed with kid-friendly routines.
23 Nov 2022	5:00 PM	5:30 PM	30	WEDNESDAY	KIDS PLAY	KIDS FITNESS	ZUMBA FOR KIDS	Classes are rockin', high-energy dance parties packed with kid-friendly routines.
23 Nov 2022	6:00 PM	6:30 PM	30	WEDNESDAY	KIDS PLAY	KIDS FITNESS	KIDS PLAY BOOTCAMP	Bootcamp workouts are high-intensity and have a tone of benefits. Try team or partner-based workouts for serious stamina building!
23 Nov 2022	7:00 PM	7:30 PM	30	WEDNESDAY	KIDS PLAY	KIDS FITNESS	SLIPPING ACTIVITIES	<u>A skipping rope (British English) or jump rope (American English) is a tool used in the sport of skipping/jump rope where one or more participants jump over a rope swung so that it passes under their feet and over their heads.</u>
23 Nov 2022	8:00 PM	8:30 PM	30	WEDNESDAY	KIDS PLAY	KIDS FITNESS	RUNNING ACTIVITIES	A fun activity with series of walking to running.
24 Nov 2022	5:00 PM	5:30 PM	30	THURSDAY	KIDS PLAY	KIDS FITNESS	KIDS PLAY BOOTCAMP	Bootcamp workouts are high-intensity and have a tone of benefits. Try team or partner-based workouts for serious stamina building!
24 Nov 2022	6:00 PM	6:30 PM	30	THURSDAY	KIDS PLAY	KIDS FITNESS	SPORTS GAMES	This is a series of challenging physical obstacles an individual or a team must navigate.
24 Nov 2022	6:30 PM	7:00 PM	30	THURSDAY	KIDS PLAY	KIDS FITNESS	YOGA KIDS	It includes poses to increase strength, flexibility, and coordination. Classes are intended to be fun and may include age-appropriate games, animal sounds and creative names for poses.
24 Nov 2022	7:00 PM	7:30 PM	30	THURSDAY	KIDS PLAY	KIDS FITNESS	SKIPPING ROPE ACTIVITIES	A quick class designed to improve overall fitness, motor skills and confidence geared specifically to youth.
24 Nov 2022	8:00 PM	8:30 PM	30	THURSDAY	KIDS PLAY	KIDS FITNESS	SPEED AND AGILITY ACTIVITIES	Speed and agility activity drills are designed to work all your leg and core muscles, as well as the tendons in your body.
25 Nov 2022	5:00 PM	5:30 PM	30	FRIDAY	KIDS PLAY	KIDS FITNESS	OBSTACLE GAMES	This is a series of challenging physical obstacles an individual or a team must navigate.
25 Nov 2022	6:00 PM	6:30 PM	30	FRIDAY	KIDS PLAY	KIDS FITNESS	SALSA WORKOUT WITH KIDS	Salsa is an Excellent Workout In addition to being an effective and fun form of cardio, the movements being concentrated in the lower body make it a great workout for your hips, legs, and glutes.
25 Nov 2022	7:00 PM	7:30 PM	30	FRIDAY	KIDS PLAY	KIDS FITNESS	SKIPPING ROPE ACTIVITIES	A quick class designed to improve overall fitness, motor skills and confidence geared specifically to youth.
25 Nov 2022	8:00 PM	8:30 PM	30	FRIDAY	KIDS PLAY	KIDS FITNESS	OBSTACLE GAMES	This is a series of challenging physical obstacles an individual or a team must navigate.
25 Nov 2022	9:00 PM	9:30 PM	30	FRIDAY	KIDS PLAY	KIDS FITNESS	RELAY GAMES	These relay activities are sure to keep kids of all ages having fun and even getting some physical exercise along the way. Relay races are a great way to teach kids how to be part of a team as well as learning social skills.
26 Nov 2022	10:30 AM	11:00 AM	30	SATURDAY	KIDS PLAY	KIDS FITNESS	GENERATION POUND	Kids will learn alternative ways to explore movement, embrace their creativity and ROCK OUT - ultimately building strength, confidence and self-awareness.
26 Nov 2022	4:30 PM	5:00 PM	30	SATURDAY	KIDS PLAY	KIDS FITNESS	KIDS YOGA	A yoga class designed for children, engage children and give them the tools to feel calmer, happier, and more peaceful inside.
27 Nov 2022	8:30 AM	9:00 AM	30	SUNDAY	KIDS PLAY	KIDS FITNESS	JUMP ROPE MATH GAMES	Classes and activities designed to improve overall fitness, coordination, motor skills and confidence geared specifically to youth.
27 Nov 2022	9:30 AM	10:00 AM	30	SUNDAY	KIDS PLAY	KIDS FITNESS	KIDS BOOTCAMP	Bootcamp workouts are high-intensity and have a tone of benefits. Try team or partner-based workouts for serious stamina building!

27 Nov 2022	10:30 AM	11:00 AM	30	SUNDAY	KIDS PLAY	KIDS FITNESS	SPORTS GAMES	This is a series of challenging physical obstacles an individual or a team must navigate.
27 Nov 2022	11:00 AM	11:30 AM	30	SUNDAY	KIDS PLAY	KIDS FITNESS	OBSTACLE COURSE	This is a series of challenging physical obstacles an individual or a team must navigate.
27 Nov 2022	11:30 AM	12:00 PM	30	SUNDAY	KIDS PLAY	KIDS FITNESS	GENERATION POUND	Kids will learn alternative ways to explore movement, embrace their creativity and ROCK OUT - ultimately building strength, confidence and self-awareness.
27 Nov 2022	12:00 PM	12:30 PM	30	SUNDAY	KIDS PLAY	KIDS FITNESS	OBSTACLE COURSE	This is a series of challenging physical obstacles an individual or a team must navigate.
27 Nov 2022	12:30 PM	1:00 PM	30	SUNDAY	KIDS PLAY	KIDS FITNESS	OBSTACLE COURSE	This is a series of challenging physical obstacles an individual or a team must navigate.
27 Nov 2022	1:00 PM	1:30 PM	30	SUNDAY	KIDS PLAY	KIDS FITNESS	OBSTACLE COURSE	This is a series of challenging physical obstacles an individual or a team must navigate.
27 Nov 2022	1:30 PM	2:00 PM	30	SUNDAY	KIDS PLAY	KIDS FITNESS	OBSTACLE COURSE	This is a series of challenging physical obstacles an individual or a team must navigate.
27 Nov 2022	2:00 PM	2:30 PM	30	SUNDAY	KIDS PLAY	KIDS FITNESS	OBSTACLE COURSE	This is a series of challenging physical obstacles an individual or a team must navigate.
27 Nov 2022	2:30 PM	3:00 PM	30	SUNDAY	KIDS PLAY	KIDS FITNESS	OBSTACLE COURSE	This is a series of challenging physical obstacles an individual or a team must navigate.
27 Nov 2022	3:00 PM	3:30 PM	30	SUNDAY	KIDS PLAY	KIDS FITNESS	OBSTACLE COURSE	This is a series of challenging physical obstacles an individual or a team must navigate.
27 Nov 2022	3:30 PM	4:00 PM	30	SUNDAY	KIDS PLAY	KIDS FITNESS	OBSTACLE COURSE	This is a series of challenging physical obstacles an individual or a team must navigate.
27 Nov 2022	4:00 PM	4:30 PM	30	SUNDAY	KIDS PLAY	KIDS FITNESS	OBSTACLE COURSE	This is a series of challenging physical obstacles an individual or a team must navigate.
27 Nov 2022	4:30 PM	5:00 PM	30	SUNDAY	KIDS PLAY	KIDS FITNESS	OBSTACLE COURSE	This is a series of challenging physical obstacles an individual or a team must navigate.
27 Nov 2022	5:00 PM	5:30 PM	30	SUNDAY	KIDS PLAY	KIDS FITNESS	KIDS YOGA	A yoga class designed for children, engage children and give them the tools to feel calmer, happier, and more peaceful inside.
27 Nov 2022	5:30 PM	6:00 PM	30	SUNDAY	KIDS PLAY	KIDS FITNESS	OBSTACLE COURSE	This is a series of challenging physical obstacles an individual or a team must navigate.
27 Nov 2022	6:30 PM	7:00 PM	30	SUNDAY	KIDS PLAY	KIDS FITNESS	KIDS SQUASH HIIT	Squash consists of repeated, short, high-intensity, intermittent bouts
27 Nov 2022	7:30 PM	8:00 PM	30	SUNDAY	KIDS PLAY	KIDS FITNESS	SPORTS GAMES	This is a series of challenging physical obstacles an individual or a team must navigate.
27 Nov 2022	8:30 PM	9:00 PM	30	SUNDAY	KIDS PLAY	KIDS FITNESS	RUNNING ACTIVITIES	A fun activity with series of walking to running.

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