



29 OCT - 27 NOV 2022

DP WORLD KITE BEACH FITNESS VILLAGE - WEEK 1

ETISALAT BY E& BASE (Main Stage)

Start Date	Start time AM / PM format	Finish time AM / PM format	Duration (mins)	Recurrence	Zone name	Activity Type	Activity	Activity Description	Provider
29 Oct 2022	7:00 AM	7:30 AM	30	SATURDAY	ETISALAT BY E& BASE (Main Stage)	YOGA	YOGA AND MEDITATION	Inspiring yoga class to welcome your day and set you up for a calm and centered day ahead.	THE ART OF LIVING
29 Oct 2022	8:00 AM	8:30 AM	30	SATURDAY	ETISALAT BY E& BASE (Main Stage)	YOFIIT	YOGA AND MEDITATION	Inspiring yoga class to welcome your day and set you up for a calm and centered day ahead.	CAROLINE O'SHEA BY YOFIT HOT STUDIOS
29 Oct 2022	9:00 AM	9:30 AM	30	SATURDAY	ETISALAT BY E& BASE (Main Stage)	MORNING FLOW	MORNING FLOW	Inspiring yoga class to welcome your day and set you up for a calm and centered day ahead.	CHARAN BY YOGA LA VIE
29 Oct 2022	10:00 AM	10:30 AM	30	SATURDAY	ETISALAT BY E& BASE (Main Stage)	LES MILLS	BODY ATTACK	BODYATTACK™ is an intense sports-inspired cardio workout aimed at building both your strength and stamina.	LES MILLS
29 Oct 2022	11:00 AM	11:30 AM	30	SATURDAY	ETISALAT BY E& BASE (Main Stage)	LES MILLS	BODY COMBAT	BODYCOMBAT™ is a high-energy martial arts-inspired workout that is totally non-contact	LES MILLS
29 Oct 2022	11:30 AM	12:00 PM	30	SATURDAY	ETISALAT BY E& BASE (Main Stage)	YOGA	YOGA AND MEDITATION	Inspiring yoga class to welcome your day and set you up for a calm and centered day ahead.	SHIMIS
29 Oct 2022	12:30 PM	1:00 PM	30	SATURDAY	ETISALAT BY E& BASE (Main Stage)	HIIT	HIIT	Fit is HIIT! Challenge yourself with a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise.	ASEM ASHFOUR
29 Oct 2022	1:30 PM	2:00 PM	30	SATURDAY	ETISALAT BY E& BASE (Main Stage)	CORE CONDITIONING	CORE CONDITIONING	be ready for fluidity in movements with holding sequences to build stronger core.	ASEM ASHFOUR
29 Oct 2022	2:30 PM	3:00 PM	30	SATURDAY	ETISALAT BY E& BASE (Main Stage)	BODY COMBAT	BODY COMBAT	BODYCOMBAT™ is a high-energy martial arts-inspired workout that is totally non-contact	ASEM ASHFOUR
29 Oct 2022	4:00 PM	4:30 PM	30	SATURDAY	ETISALAT BY E& BASE (Main Stage)	MARTIAL ARTS	KALARIPAYATTU - INDIAN MARTIAL ART	Martial Arts for fitness teaches drills and skills from various disciplines.	KALARI CLUB
29 Oct 2022	4:30 PM	5:00 PM	30	SATURDAY	ETISALAT BY E& BASE (Main Stage)	DANCE CLASSES	LIVING THE DREAM DANCE CLASSES		DP WORLD
29 Oct 2022	5:00 PM	5:30 PM	30	SATURDAY	ETISALAT BY E& BASE (Main Stage)	WARRIOR FLOW CONDITIONING	WARRIOR FLOW CONDITIONING	Awaking the warrior within. Inspired by the signature Warrior Flows. This hybrid class is a bridge between a modern approach of yoga and a fitness conception of body conditioning.	ALLAOUA GAHAM
29 Oct 2022	6:00 PM	6:30 PM	30	SATURDAY	ETISALAT BY E& BASE (Main Stage)	EXERCISE TO MUSIC	POUNDFIT	Surrender to our rockstar instructors as they lead a full-body cardio-jam session.	ANJANA KUMAR
29 Oct 2022	6:30 PM	7:00 PM	30	SATURDAY	ETISALAT BY E& BASE (Main Stage)	STEEL COMBAT	STEEL COMBAT	The best of boxing and the martial arts come together in each class to offer a simple, dynamic and intense training.	OMAR AL MOSALI
29 Oct 2022	7:30 PM	8:00 PM	30	SATURDAY	ETISALAT BY E& BASE (Main Stage)	DANCE/COMBAT	DANCE/COMBAT	Dance & Combat is an exercise class that lets you punch and kick your way towards your fitness goals. Not only is it a great whole-body workout for cardio fitness, but it's also superb for burning fat, releasing stress and improving your co-ordination.	MAURICIO & FABIO BY FITNESS FIRST
29 Oct 2022	8:00 PM	8:30 PM	30	SATURDAY	ETISALAT BY E& BASE (Main Stage)	DANCE CLASSES	LIVING THE DREAM DANCE CLASSES		DP WORLD
29 Oct 2022	8:30 PM	9:00 PM	30	SATURDAY	ETISALAT BY E& BASE (Main Stage)	BODY ATTACK	BODY ATTACK	BODYATTACK™ is an intense sports inspired cardio workout aimed at building both your strength and stamina.	HAMZA & SOUDI BY FITNESS FIRST
29 Oct 2022	9:00 PM	9:30 PM	30	SATURDAY	ETISALAT BY E& BASE (Main Stage)	EXERCISE TO MUSIC	POUNDFIT	Surrender to our rockstar instructors as they lead a full-body cardio-jam session.	HASSAN KAMY
29 Oct 2022	9:30 PM	10:00 PM	30	SATURDAY	ETISALAT BY E& BASE (Main Stage)	HIIT	HIIT	Fit is HIIT! Challenge yourself with a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise.	LAYLA MONAGHAN BY CULTIVATE MIND & BODY
29 Oct 2022	10:30 PM	11:00 PM	30	SATURDAY	ETISALAT BY E& BASE (Main Stage)	YOGA	DEEP STRETCH	Increase your muscle control, flexibility, and range of motion in our stretching session. Work specific muscles and tendons to improve felt elasticity and muscle tone whilst relieving tension	BENJOHN TAMAYO

30 Oct 2022	10:00 AM	10:30 AM	30	SUNDAY	ETISALAT BY E& BASE (Main Stage)	BELLY DANCE	BELLY DANCING	Discovering your grace and elegance with dance's movement. A class which promotes balance, strenght, digestion coordination and confidence.	TANIA PETRONILLI BY MAYA BLUE
30 Oct 2022	11:00 AM	11:30 AM	30	SUNDAY	ETISALAT BY E& BASE (Main Stage)	HIIT	BARRY'S BOOTCAMP	The original high intensity interval workout. Barry's tones muscle and maximizes fat loss with a combination of running and weights.	BARRY'S BOOTCAMP TEAM
30 Oct 2022	11:30 AM	12:00 PM	30	SUNDAY	ETISALAT BY E& BASE (Main Stage)	YOGA	YOGA AND MEDITATION	Inspiring yoga class to welcome your day and set you up for a calm and centered day ahead.	SHIMIS
30 Oct 2022	12:30 PM	1:00 PM	30	SUNDAY	ETISALAT BY E& BASE (Main Stage)	HIIT	HIIT	Fit is HIIT! Challenge yourself with a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise.	ASEM ASHFOUR
30 Oct 2022	1:30 PM	2:00 PM	30	SUNDAY	ETISALAT BY E& BASE (Main Stage)	CORE CONDITIONING	CORE CONDITIONING	Be ready for fluidity in movements with holding sequences to build a stronger core.	ASEM ASHFOUR
30 Oct 2022	2:30 PM	3:00 PM	30	SUNDAY	ETISALAT BY E& BASE (Main Stage)	BODY ATTACK	BODY ATTACK	BODYATTACK™ is an intense sports-inspired cardio workout aimed at building both your strength and stamina.	ASEM ASHFOUR
30 Oct 2022	4:00 PM	4:30 PM	30	SUNDAY	ETISALAT BY E& BASE (Main Stage)	BODY COMBAT	BODY COMBAT	BODYCOMBAT™ is a high-energy martial arts-inspired workout that is totally non-contact	ASEM ASHFOUR
30 Oct 2022	4:30 PM	5:00 PM	30	SATURDAY	ETISALAT BY E& BASE (Main Stage)	DANCE CLASSES	LIVING THE DREAM DANCE CLASSES		DP WORLD
30 Oct 2022	5:00 PM	5:30 PM	30	SUNDAY	ETISALAT BY E& BASE (Main Stage)		SHAPE UP	Mat Pilates workout for long, lean and strong muscles. Exercises are low impact comprising control, balance, mobility and flexibility.	GOLI CRAMER BY LULULEMON
30 Oct 2022	6:00 PM	6:30 PM	30	SUNDAY	ETISALAT BY E& BASE (Main Stage)	HIIT	HIIT SQUASH	Fit is HIIT! Challenge yourself with a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise.	THE FLYING DAF
30 Oct 2022	6:30 PM	7:00 PM	30	SUNDAY	ETISALAT BY E& BASE (Main Stage)	DANCE	ZUMBA	It's a fitness program that involves cardio and Latin-inspired dance.	GYMNATION
30 Oct 2022	7:30 PM	8:00 PM	30	SUNDAY	ETISALAT BY E& BASE (Main Stage)	CORE	CORE	be ready for fluidity in movements with holding sequences to build stronger core.	RACHEL & TATIANA BY FITNESS FIRST
30 Oct 2022	4:30 PM	5:00 PM	30	SATURDAY	ETISALAT BY E& BASE (Main Stage)	DANCE CLASSES	LIVING THE DREAM DANCE CLASSES		DP WORLD
30 Oct 2022	8:30 PM	9:00 PM	30	SUNDAY	ETISALAT BY E& BASE (Main Stage)	FUSION	FUSION	The class involves pair work where you'll complete abs and lower back supersets.	RACHEL & MARIA BY FITNESS FIRST
30 Oct 2022	9:30 PM	10:00 PM	30	SUNDAY	ETISALAT BY E& BASE (Main Stage)	DANCE	SALSA WORKOUT	Salsa dancing is one of the most fun and easy forms of aerobic activity that you can do	REINE ABOU RJEILY
30 Oct 2022	10:30 PM	11:00 PM	30	SUNDAY	ETISALAT BY E& BASE (Main Stage)	HIIT	HIIT	Fit is HIIT! Challenge yourself with a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise.	BENJOHN TAMAYO
31 Oct 2022	4:00 PM	4:30 PM	30	MONDAY	ETISALAT BY E& BASE (Main Stage)	CORE CONDITIONING	CORE CONDITIONING	be ready for fluidity in movements with holding sequences to build stronger core.	WILL
31 Oct 2022	5:00 PM	5:30 PM	30	MONDAY	ETISALAT BY E& BASE (Main Stage)	HIIT	HIIT	Fit is HIIT! Challenge yourself with a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise.	WILL
31 Oct 2022	6:00 PM	6:30 PM	30	MONDAY	ETISALAT BY E& BASE (Main Stage)	FITBOX	FITBOX	Fit Box Boxing combines the sweet science of boxing with the transformative power of strength training.	WILL
31 Oct 2022	7:30 PM	8:00 PM	30	MONDAY	ETISALAT BY E& BASE (Main Stage)	ZUMBA	ZUMBA	Blast that music and work it out! Zumba is a high intensity workout that will have you breaking a sweat within minutes!	MARIE JIMELY BY FITNESS FIRST
31 Oct 2022	8:00 PM	8:30 PM	30	MONDAY	ETISALAT BY E& BASE (Main Stage)	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	Functional movement mixing cardio and strength	FATHY HARRIS BY MATRIX
31 Oct 2022	8:30 PM	9:00 PM	30	MONDAY	ETISALAT BY E& BASE (Main Stage)	HIIT	HIIT	Fit is HIIT! Challenge yourself with a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise.	LAYLA MONAGHAN BY CULTIVATE MIND & BODY
31 Oct 2022	9:30 PM	10:00 PM	30	MONDAY	ETISALAT BY E& BASE (Main Stage)	HIIT	HIIT	Fit is HIIT! Challenge yourself with a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise.	BENJOHN TAMAYO
31 Oct 2022	10:30 PM	11:00 PM	30	MONDAY	ETISALAT BY E& BASE (Main Stage)	DEEP STRETCH	DEEP STRETCH	Increase your muscle control, flexibility, and range of motion in our stretching session. Work specific muscles and tendons to improve felt elasticity and muscle tone whilst relieving tension	BENJOHN TAMAYO
1 Nov 2022	4:00 PM	4:30 PM	30	TUESDAY	ETISALAT BY E& BASE (Main Stage)	HIIT	HIIT CLASS	Fit is HIIT! Challenge yourself with a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise.	WILL
1 Nov 2022	5:00 PM	5:30 PM	30	TUESDAY	ETISALAT BY E& BASE (Main Stage)	ZUMBA	ZUMBA	Blast that music and work it out! Zumba is a high intensity workout that will have you breaking a sweat within minutes!	NICOLE ALAGHA
1 Nov 2022	6:00 PM	6:30 PM	30	TUESDAY	ETISALAT BY E& BASE (Main Stage)	HIIT	HIIT SQUASH	Fit is HIIT! Challenge yourself with a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise.	THE FLYING DAF

1 Nov 2022	7:30 PM	8:00 PM	30	TUESDAY	ETISALAT BY E& BASE (Main Stage)	BODY ATTACK	BODY ATTACK	BODYATTACK™ is an intense sports inspired cardio workout aimed at building both your strength and stamina.	MARWA BY FITNESS FIRST
1 Nov 2022	8:30 PM	9:00 PM	30	TUESDAY	ETISALAT BY E& BASE (Main Stage)	DANCE	BOLLYWOOD DANCE FITNESS	"Bollywood Dance Fitness" is a full-body workout set to a vibrant blend of Bollywood and Latin music! It incorporates energetic dance cardio and toning exercises with easy-to-follow movements. Today bodywork is your one-stop-shop for all things Bollywood.	MILI DUTT BY DESIDX
1 Nov 2022	9:30 PM	10:00 PM	30	TUESDAY	ETISALAT BY E& BASE (Main Stage)	HIIT	HITT	Fit is HIIT! Challenge yourself with a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise.	RENANTE
1 Nov 2022	10:30 PM	11:00 PM	30	TUESDAY	ETISALAT BY E& BASE (Main Stage)	HIIT	HIIT	Fit is HIIT! Challenge yourself with a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise.	RENANTE
2 Nov 2022	3:30 PM	4:00 PM	30	WEDNESDAY	ETISALAT BY E& BASE (Main Stage)	HIIT	HIIT	Fit is HIIT! Challenge yourself with a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise.	WILL
2 Nov 2022	4:30 PM	5:00 PM	30	WEDNESDAY	ETISALAT BY E& BASE (Main Stage)	HIIT	HIIT SQUASH	Fit is HIIT! Challenge yourself with a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise.	THE FLYING DAF
2 Nov 2022	6:00 PM	6:30 PM	30	WEDNESDAY	ETISALAT BY E& BASE (Main Stage)	CORE CONDITIONING	CORE CONDITIONING	Be ready for fluidity in movements with holding sequences to build stronger core.	WILL
2 Nov 2022	7:30 PM	8:00 PM	30	WEDNESDAY	ETISALAT BY E& BASE (Main Stage)	ZUMBA	ZUMBA	Blast that music and work it out! Zumba is a high intensity workout that will have you breaking a sweat within minutes!	LUSI BY FITNESS FIRST
2 Nov 2022	8:00 PM	8:30 PM	30	WEDNESDAY	ETISALAT BY E& BASE (Main Stage)	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	Functional training involves mainly weight bearing activities targeted at core muscles of the abdomen and lower back.	FATHY HARRIS BY MATRIX
2 Nov 2022	8:30 PM	9:00 PM	30	WEDNESDAY	ETISALAT BY E& BASE (Main Stage)	STEEL COMBAT	STEEL COMBAT	STEEL COMBAT is a class of Combat Fitness which invites participants to an experience of unique sensations. During the 30 minutes of the class, you will train using the most popular techniques from the most efficient contact sports of the planet.	OMAR AL MOSALI
2 Nov 2022	9:30 PM	10:00 PM	30	WEDNESDAY	ETISALAT BY E& BASE (Main Stage)	HIIT	HIIT	Fit is HIIT! Challenge yourself with a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise.	RENANTE
2 Nov 2022	10:30 PM	11:00 PM	30	WEDNESDAY	ETISALAT BY E& BASE (Main Stage)	CORE CONDITIONING	CORE CONDITIONING	Be ready for fluidity in movements with holding sequences to build a stronger core.	RENANTE
3 Nov 2022	4:00 PM	4:30 PM	30	THURSDAY	ETISALAT BY E& BASE (Main Stage)	CORE CONDITIONING	CORE CONDITIONING	Be ready for fluidity in movements with holding sequences to build a stronger core.	WILL
3 Nov 2022	5:00 PM	5:30 PM	30	THURSDAY	ETISALAT BY E& BASE (Main Stage)	HIIT	HIIT CLASS	Fit is HIIT! Challenge yourself with a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise.	ASEM ASHFOUR
3 Nov 2022	6:00 PM	6:30 PM	30	THURSDAY	ETISALAT BY E& BASE (Main Stage)	BODY COMBAT	BODY COMBAT	BODYCOMBAT™ is a high-energy martial arts-inspired workout that is totally non-contact	ASEM ASHFOUR
3 Nov 2022	7:30 AM	8:00 PM	30	THURSDAY	ETISALAT BY E& BASE (Main Stage)	BODY ATTACK	BODY ATTACK	BODYATTACK™ is an intense sports inspired cardio workout aimed at building both your strength and stamina.	HAMZA BY FITNESS FIRST
3 Nov 2022	8:30 PM	9:00 PM	30	THURSDAY	ETISALAT BY E& BASE (Main Stage)	HIIT	HIIT SQUASH	Fit is HIIT! Challenge yourself with a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise.	THE FLYING DAF
3 Nov 2022	9:30 PM	10:00 PM	30	THURSDAY	ETISALAT BY E& BASE (Main Stage)	CORE CONDITIONING	CORE CONDITIONING	Be ready for fluidity in movements with holding sequences to build stronger core.	RENANTE
3 Nov 2022	10:30 PM	11:00 PM	30	THURSDAY	ETISALAT BY E& BASE (Main Stage)	TAI CHI	TAI CHI	Tai chi is a set of postures and movements that improve your physical and mental health, emotional understanding, and overall well-being.	MAELIN MO
4 Nov 2022	3:30 PM	4:00 PM	30	FRIDAY	ETISALAT BY E& BASE (Main Stage)	CORE CONDITIONING	CORE CONDITIONING	Be ready for fluidity in movements with holding sequences to build a stronger core.	WILL
4 Nov 2022	4:30 PM	5:00 PM	30	FRIDAY	ETISALAT BY E& BASE (Main Stage)	ZUMBA	ZUMBA	Blast that music and work it out! Zumba is a high intensity workout that will have you breaking a sweat within minutes!	HALA AL QAOUUD
4 Nov 2022	6:00 PM	6:30 PM	30	FRIDAY	ETISALAT BY E& BASE (Main Stage)	HIIT / BOXING	BODY COMBAT	Body Combat is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai.	GYMNATION
4 Nov 2022	7:00 PM	8:00 PM	30	FRIDAY	ETISALAT BY E& BASE (Main Stage)	BOOTCAMP	HIIT	Fit is HIIT! Challenge yourself with a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise.	ENERGY BOOTCAMP
4 Nov 2022	7:30 PM	8:00 PM	30	FRIDAY	ETISALAT BY E& BASE (Main Stage)	EXERCISE TO MUSIC	DANCE WORKOUT	Feel the groove and move with this fun and energetic dance class suitable for all ages.	DENA & MAURICIO OF FITNESS FIRST
4 Nov 2022	8:00 PM	8:30 PM	30	FRIDAY	ETISALAT BY E& BASE (Main Stage)	BOOTCAMP	HIIT	A quick 30minute workout to fire up the entire body	ENERGY BOOTCAMP

4 Nov 2022	8:30 PM	9:00 PM	30	FRIDAY	ETISALAT BY E& BASE (Main Stage)	EXERCISE TO MUSIC	POUNDFIT	Surrender to our rockstar instructors as they lead a full-body cardio-jam session.	HASSAN KAMY
4 Nov 2022	9:30 PM	10:00 PM	30	FRIDAY	ETISALAT BY E& BASE (Main Stage)	FULL BODY WORK OUT	HIIT	A high-intensity workout packed with benefits. Try a team or partner-based workouts for serious stamina building!	BENJOHN TAMAYO