



29 OCT - 27 NOV 2022

DP WORLD KITE BEACH FITNESS VILLAGE - WEEK 4

ETISALAT BY E& BASE

Start Date	Start time AM / PM	Finish time AM / PM	Duration (mins)	Recurrence	Zone Name	Activity Type	Activity	Activity Description	Provider
19 Nov 2022	8:00 AM	8:30 AM	30	SATURDAY	ETISALAT BY E& BASE	YOGA	YOFIIT	YoFIIT Is our signature YoFIIT fusion class. This class is a perfect fusion of stretching and strengthening - this class can be considered an endurance test!	CAROLINE O'SHEA BY YOFIT HIT STUDIOS
19 Nov 2022	8:30 AM	9:00 AM	30	SATURDAY	ETISALAT BY E& BASE	DANCE	ZUMBA	Blast that music and work it out! Zumba is a high intensity workout that will have you breaking a sweat within minutes!	KARAN
19 Nov 2022	9:00 AM	9:30 AM	30	SATURDAY	ETISALAT BY E& BASE	CARDIO	POUNDFIT	Cardio jam session that is done by creating your own beat by 'playing the drums.	ANJANA KUMAR
19 Nov 2022	10:00 AM	10:30 AM	30	SATURDAY	ETISALAT BY E& BASE	BARRE	BARRE	Is a modern version of classic balletic training; a 30-minute workout designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday.	TALIA BY LESMILLS
19 Nov 2022	10:30 AM	11:00 AM	30	SATURDAY	ETISALAT BY E& BASE	STRENGTH	WHOLE BODY STRETCH	Stretching exercise to improve the muscle's felt elasticity and achieve comfortable muscle tone. The result is a feeling of increased muscle control, flexibility, and range of motion.	YOGA WITH SUJATA
19 Nov 2022	11:00 AM	11:30 AM	30	SATURDAY	ETISALAT BY E& BASE	CARDIO/MMA	BODY COMBAT	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.	ALDRIN BY LESMILLS
19 Nov 2022	12:30 PM	1:00 PM	30	SATURDAY	ETISALAT BY E& BASE	HIIT	HIIT	Fit is HIIT! Challenge yourself with a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise.	ASEM
19 Nov 2022	1:30 PM	2:00 PM	30	SATURDAY	ETISALAT BY E& BASE	CORE	CORE CONDITIONING	Core Conditioning is a whole-body workout that can improve your overall fitness.	ASEM ASFOUR
19 Nov 2022	2:30 PM	3:00 PM	30	SATURDAY	ETISALAT BY E& BASE	HIIT	BODY COMBAT	Bodycombat 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 coordination.	ASEM
19 Nov 2022	4:00 PM	4:30 PM	30	SATURDAY	ETISALAT BY E& BASE	HIIT	HIIT	Fit is HIIT! Challenge yourself with a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise.	WILL
19 Nov 2022	4:30 PM	5:00 PM	30	SATURDAY	ETISALAT BY E& BASE	DANCE	DP WORLD DANCE CLASS, LIVING THE DREAM	Dance class with professional and unique and explosive performance	
19 Nov 2022	5:00 PM	5:30 PM	30	SATURDAY	ETISALAT BY E& BASE	YOGA	HATHA FLOW YOGA CLASS	This hatha class utilizes longer holds to give you time and space to recruit the correct muscles, find a calm steady breath, and enter a meditative state within each pose.	DAYANA BY F&W HUB
19 Nov 2022	6:00 PM	6:30 PM	30	SATURDAY	ETISALAT BY E& BASE	HIIT	GRIT CARDIO	Grit Cardio is a 30-minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increases speed and maximizes calorie burn.	GORDANA BY GYMNATION
19 Nov 2022	6:30 PM	7:00 PM	30	SATURDAY	ETISALAT BY E& BASE	BOXING/MARTIAL ARTS	STEEL COMBAT	The best of boxing and the martial arts come together in each class to offer a simple, dynamic and intense training.	
19 Nov 2022	7:00 PM	9:30 PM	30	SATURDAY	ETISALAT BY E& BASE	DANCE/COMBAT	DANCE/COMBAT	Combat dance is a blend of techniques and principles of stage combat, martial arts and modern dance and other expressive movements.	MAURICIO & FLAVIO BY FITNESS FIRST
19 Nov 2022	8:00 PM	8:30 PM	30	SATURDAY	ETISALAT BY E& BASE	DANCE	DP WORLD DANCE CLASS, LIVING THE DREAM	Dance class with professional and unique and explosive performance	
19 Nov 2022	8:30 PM	9:00 PM	30	SATURDAY	ETISALAT BY E& BASE	FUSION	FUSION	The class involves pair work where you'll complete abs and lower back supersets.	MAURICIO & RACHEL BY FITNESS FIRST
19 Nov 2022	9:00 PM	9:30 PM	30	SATURDAY	ETISALAT BY E& BASE	CARDIO	POUNDFIT	Cardio jam session that is done by creating your own beat by 'playing the drums.	HASSAN KAMY
19 Nov 2022	9:30 PM	10:00 PM	30	SATURDAY	ETISALAT BY E& BASE	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
19 Nov 2022	10:00 PM	10:30 PM	30	SATURDAY	ETISALAT BY E& BASE	DANCE	JALLABINA WORKOUT	Arabic interval-style dance fitness party that combines low-intensity and high-intensity moves.	RAYANE
19 Nov 2022	10:30 PM	11:00 PM	30	SATURDAY	ETISALAT BY E& BASE	CORE	CORE CONDITIONING	This full body workout will focus on your core, so get ready to feel that burn	BENJOHN
20 Nov 2022	7:00 AM	7:30 AM	30	SUNDAY	ETISALAT BY E& BASE	YOGA AND MEDITATION	YOGA AND MEDITATION	Be mindful and focused! train your attention and awareness, through breathworks!	THE ART OF LIVING

20 Nov 2022	8:00 AM	8:30 AM	30	SUNDAY	ETISALAT BY E& BASE	TAI CHI	TAI CHI	Tai chi is a series of gentle physical exercises and stretches. Each posture flows into the next without pause, ensuring that your body is in constant motion. Tai chi is sometimes described as meditation in motion because it promotes serenity through gentle movements	MAELIN MO
20 Nov 2022	8:30 AM	9:00 AM	30	SUNDAY	ETISALAT BY E& BASE	DANCE	ZUMBA	Blast that music and work it out! Zumba is a high intensity workout that will have you breaking a sweat within minutes!	KARAN
20 Nov 2022	9:00 AM	9:30 AM	30	SUNDAY	ETISALAT BY E& BASE	DANCE FITNESS	BELLY DANCING	Dance form that involves isolating the muscles for moves such as twisting the abdomen and hip movements.	TANIA BY MAYA BLU
20 Nov 2022	10:00 AM	10:30 AM	30	SUNDAY	ETISALAT BY E& BASE	CARDIO	POUNDFIT	Cardio jam session that is done by creating your own beat by 'playing the drums.	ANJANA KUMAR
20 Nov 2022	11:00 AM	11:30 AM	30	SUNDAY	ETISALAT BY E& BASE	HIIT	BARRY'S BOOTCAMP	A high-intensity workout packed with benefits. Try a team or partner-based workouts for serious stamina building!	
20 Nov 2022	12:30 PM	1:00 PM	30	SUNDAY	ETISALAT BY E& BASE	YOGA	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.	NAUSHINA
20 Nov 2022	1:30 PM	2:00 PM	30	SUNDAY	ETISALAT BY E& BASE	YOGA	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.	NAUSHINA
20 Nov 2022	2:30 PM	3:00 PM	30	SUNDAY	ETISALAT BY E& BASE	HIIT	BODY ATTACK	The best of boxing and the martial arts come together in each class to offer a simple, dynamic and intense training.	ASEM ASFOUR
20 Nov 2022	4:00 PM	4:30 PM	30	SUNDAY	ETISALAT BY E& BASE	HIIT	HIIT	Fit is HIIT! Challenge yourself with a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise.	WILL
20 Nov 2022	4:30 PM	5:00 PM	30	SUNDAY	ETISALAT BY E& BASE	DANCE FITNESS	DP WORLD DANCE CLASS, LIVING THE DREAM	DP WORLD DANCE CLASS, LIVING THE DREAM	
20 Nov 2022	5:00 PM	5:30 PM	30	SUNDAY	ETISALAT BY E& BASE	YOGA	YOGA FOR TENSION RELEASE	Yoga is the perfect tool to release emotional tension in the body and to experience the healing that comes with this release.	
20 Nov 2022	6:00 PM	7:00 PM	30	SUNDAY	ETISALAT BY E& BASE	HIIT	HIIT SQUASH	Squash consists of repeated, short, high-intensity, intermittent bouts	THE FLYING DAF
20 Nov 2022	6:30 PM	7:00 PM	30	SUNDAY	ETISALAT BY E& BASE	YOGA	AWAKEN YOGA FLOW	Be mindful and focused! train your attention and awareness, through breathworks!	GOLI CRAMER BY LULULEMON
20 Nov 2022	7:30 PM	8:00 PM	30	SUNDAY	ETISALAT BY E& BASE	DANCE FITNESS	DANCE WORKOUT	A good dance session gives a seriously good cardio workout and burns a surprising amount of calories. It can also improve muscular strength and muscle tone, and enhance your coordination, agility and flexibility.	DENA & MAHMOUD BY FITNESS FIRST
20 Nov 2022	8:00 PM	8:30 PM	30	SUNDAY	ETISALAT BY E& BASE	DANCE FITNESS	DP WORLD DANCE CLASS, LIVING THE DREAM	DP WORLD DANCE CLASS, LIVING THE DREAM	
20 Nov 2022	8:30 PM	9:00 PM	30	SUNDAY	ETISALAT BY E& BASE	CORE	CORE	Functional workout focusing on core strength	DENA & MARIA BY FITNESS FIRST
20 Nov 2022	9:00 PM	9:30 PM	30	SUNDAY	ETISALAT BY E& BASE	DANCE FITNESS	DANCE	A good dance session gives a seriously good cardio workout and burns a surprising amount of calories. It can also improve muscular strength and muscle tone, and enhance your coordination, agility and flexibility.	DANCE WITH NAURS YOGA CENTRE
20 Nov 2022	10:00 PM	10:30 PM	30	SUNDAY	ETISALAT BY E& BASE	DANCE FITNESS	BOLLYX	Dance your heart out and treat yourself to a Bollywood dance styles - beautiful blend of all Indian styles, be it classical, folk or the more current R&B and hip hop.	RAYANE
21 Nov 2022	3:30 PM	4:00 PM	30	MONDAY	ETISALAT BY E& BASE	CORE	CORE CONDITIONING	Functional workout focusing on core strength	WILL ROBB
21 Nov 2022	5:00 PM	5:30 PM	30	MONDAY	ETISALAT BY E& BASE	HIIT	HIIT	Fit is HIIT! Challenge yourself with a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise.	WILL ROBB
21 Nov 2022	6:00 PM	6:30 PM	30	MONDAY	ETISALAT BY E& BASE	YOGA	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.	NAUSHINA
21 Nov 2022	6:30 PM	7:00 PM	30	MONDAY	ETISALAT BY E& BASE	DANCE	ZUMBA	Blast that music and work it out! Zumba is a high intensity workout that will have you breaking a sweat within minutes!	KARAN
21 Nov 2022	7:30 PM	8:00 PM	30	MONDAY	ETISALAT BY E& BASE	DANCE	ZUMBA	Blast that music and work it out! Zumba is a high intensity workout that will have you breaking a sweat within minutes!	JIMELY BY FITNESS FIRST
21 Nov 2022	8:00 PM	8:30 PM	30	MONDAY	ETISALAT BY E& BASE	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
21 Nov 2022	8:30 PM	9:00 PM	30	MONDAY	ETISALAT BY E& BASE	YOGA	YOGA & DEEP STRETCHING	Breathe deeply, relax your body and de-stress!	ALLA SIMAKOVA BY MEET N TRAIN
21 Nov 2022	9:30 PM	10:00 PM	30	MONDAY	ETISALAT BY E& BASE	DANCE FITNESS	SALSA WORKOUT	A good dance session gives a seriously good cardio workout and burns a surprising amount of calories. It can also improve muscular strength and muscle tone, and enhance your coordination, agility and flexibility.	REINE ABOUT RJELLY

21 Nov 2022	10:30 PM	11:00 PM	30	MONDAY	ETISALAT BY E& BASE	YOGA	DEEP STRETCHING	Stretching is a form of physical exercise in which a specific muscle or tendon (or muscle group) is deliberately flexed or stretched in order to improve the muscle's felt elasticity and achieve comfortable muscle tone.	BENJOHN
22 Nov 2022	3:30 PM	4:00 PM	30	TUESDAY	ETISALAT BY E& BASE	STRENGTH	CORE CONDITIONING	Core conditioning improves posture, which contributes to a trimmer appearance	ASEM ASFOUR
22 Nov 2022	4:00 PM	4:30 PM	30	TUESDAY	ETISALAT BY E& BASE	MOM & BABY FITNESS	LE FITMOM & BABY FITNESS	This workout is designed for mommy and baby bonding. This exercise is designed to improve movement and postural patterns for day to day, focus on breathing and postural work.	EVA
22 Nov 2022	4:30 PM	5:00 PM	30	TUESDAY	ETISALAT BY E& BASE	MOM & BABY FITNESS	LE FITMOM & BABY FITNESS	This workout is designed for mommy and baby bonding. This exercise is designed to improve movement and postural patterns for day to day, focus on breathing and postural work.	EVA
22 Nov 2022	5:00 PM	5:30 PM	30	TUESDAY	ETISALAT BY E& BASE	DANCE	ZUMBA	Blast that music and work it out! Zumba is a high intensity workout that will have you breaking a sweat within minutes!	
22 Nov 2022	6:00 PM	6:30 PM	30	TUESDAY	ETISALAT BY E& BASE	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	Functional training involves mainly weight bearing activities targeted at core muscles of the abdomen and lower back.	OUSSAMA AL KHATIB
22 Nov 2022	6:30 PM	7:00 PM	30	TUESDAY	ETISALAT BY E& BASE	HIIT	HIIT SQUASH	Squash consists of repeated, short, high-intensity, intermittent bouts	THE FLYING DAF
22 Nov 2022	7:30 PM	8:00 PM	30	TUESDAY	ETISALAT BY E& BASE	HIIT	BODY ATTACK	The best of boxing and the martial arts come together in each class to offer a simple, dynamic and intense training.	MARWA BY FITNESS FIRST
22 Nov 2022	8:00 PM	8:30 PM	30	TUESDAY	ETISALAT BY E& BASE	DANCE	ZUMBA	Blast that music and work it out! Zumba is a high intensity workout that will have you breaking a sweat within minutes!	KARAN
22 Nov 2022	8:30 PM	9:00 PM	30	TUESDAY	ETISALAT BY E& BASE	DANCE FITNESS	BOLLYWOOD DANCE FITNESS	Bollywood dance is the dance performed in Bollywood movies. The Bollywood dance style is a beautiful blend of all Indian styles, be it classical, folk or the more current R&B and hip hop.	GUNJAN MADNANI BY DESIDX
22 Nov 2022	9:30 PM	10:00 PM	30	TUESDAY	ETISALAT BY E& BASE	FUNCTIONAL FITNESS	FULL BODY FUNCTIONAL WORKOUT	Functional Fitness greatly improves strength and stability across a variety of movements that readies your body for daily activities.	RENANTE
22 Nov 2022	10:30 PM	11:00 PM	30	TUESDAY	ETISALAT BY E& BASE	HIIT	HIIT	Fit is HIIT! Challenge yourself with a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise.	RENANTE
23 Nov 2022	3:30 PM	4:00 PM	30	WEDNESDAY	ETISALAT BY E& BASE	HIIT	HIIT	Fit is HIIT! Challenge yourself with a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise.	WILL ROBB
23 Nov 2022	4:30 PM	5:00 PM	30	WEDNESDAY	ETISALAT BY E& BASE	HIIT	HIIT SQUASH	Squash consists of repeated, short, high-intensity, intermittent bouts	THE FLYING DAF
23 Nov 2022	5:00 PM	5:30 PM	30	WEDNESDAY	ETISALAT BY E& BASE	STRENGTH	CORE CONDITIONING	Core conditioning improves posture, which contributes to a trimmer appearance	ASEM ASFOUR
23 Nov 2022	6:00 PM	6:30 PM	30	WEDNESDAY	ETISALAT BY E& BASE	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	Functional training involves mainly weight bearing activities targeted at core muscles of the abdomen and lower back.	CRISTINA
23 Nov 2022	6:30 PM	7:00 PM	30	WEDNESDAY	ETISALAT BY E& BASE	BODY BALANCE	HANDSTAND	A handstand is the act of supporting the body in a stable, inverted vertical position by balancing on the hands	SOLE BY TRIX
23 Nov 2022	7:30 PM	8:00 PM	30	WEDNESDAY	ETISALAT BY E& BASE	DANCE	ZUMBA	Blast that music and work it out! Zumba is a high intensity workout that will have you breaking a sweat within minutes!	LUSI
23 Nov 2022	8:00 PM	8:30 PM	30	WEDNESDAY	ETISALAT BY E& BASE	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
23 Nov 2022	8:30 PM	9:00 PM	30	WEDNESDAY	ETISALAT BY E& BASE	BOXING/MARTIAL ARTS	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
23 Nov 2022	9:00 PM	9:30 PM	30	WEDNESDAY	ETISALAT BY E& BASE	JALLABINA WORKOUT	JALLABINA WORKOUT	This 30-minute workout will help you burn calories, increase endurance, improve athleticism, and even challenge you mentally.	RAYANE
23 Nov 2022	10:00 PM	10:30 PM	30	WEDNESDAY	ETISALAT BY E& BASE	STRENGTH	CORE CONDITIONING	Core conditioning improves posture, which contributes to a trimmer appearance	BENJOHN
24 Nov 2022	3:30 PM	4:00 PM	30	THURSDAY	ETISALAT BY E& BASE	HIIT	HIIT	Fit is HIIT! Challenge yourself with a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise.	WILL ROBB
24 Nov 2022	4:30 PM	5:00 PM	30	THURSDAY	ETISALAT BY E& BASE	STRENGTH	CORE CONDITIONING	Core conditioning improves posture, which contributes to a trimmer appearance	WILL ROBB
24 Nov 2022	6:00 PM	6:30 PM	30	THURSDAY	ETISALAT BY E& BASE	HIIT	HIIT	Fit is HIIT! Challenge yourself with a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise.	KAI FROM MALDIVES
24 Nov 2022	6:30 PM	7:00 PM	30	THURSDAY	ETISALAT BY E& BASE	DANCE	ZUMBA	Blast that music and work it out! Zumba is a high intensity workout that will have you breaking a sweat within minutes!	KARAN

24 Nov 2022	7:30 PM	8:00 PM	30	THURSDAY	ETISALAT BY E& BASE	DANCE FITNESS	BOLLYWOOD	Bollywood dance is the dance performed in Bollywood movies. The Bollywood dance style is a beautiful blend of all Indian styles, be it classical, folk or the more current R&B and hip hop.	HELLY BY FITNESS FIRST
24 Nov 2022	8:30 PM	9:00 PM	30	THURSDAY	ETISALAT BY E& BASE	HIIT	HIIT SQUASH	Squash consists of repeated, short, high-intensity, intermittent bouts	THE FLYING DAF
24 Nov 2022	9:30 PM	10:00 PM	30	THURSDAY	ETISALAT BY E& BASE	FUNCTIONAL FITNESS	FUNCTIONAL FULL BODY	Functional Fitness greatly improves strength and stability across a variety of movements that readies your body for daily activities.	BENJOHN
24 Nov 2022	10:30 PM	11:00 PM	30	THURSDAY	ETISALAT BY E& BASE	TAI CHI	TAI CHI	Tai chi is a series of gentle physical exercises and stretches. Each posture flows into the next without pause, ensuring that your body is in constant motion. Tai chi is sometimes described as meditation in motion because it promotes serenity through gentle movements	MAELIN MO
25 Nov 2022	3:00 PM	3:45 PM	45	FRIDAY	ETISALAT BY E& BASE	HIIT	HIIT	Fit is HIIT! Challenge yourself with a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise.	WILL ROBB
25 Nov 2022	4:30 PM	5:00 PM	30	FRIDAY	ETISALAT BY E& BASE	DANCE	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 QAOUD
25 Nov 2022	5:00 PM	5:30 PM	30	FRIDAY	ETISALAT BY E& BASE	YOGA	FULL BODY FLEXIBILITY	This 30-minutes static stretching routine will improve your joint range of motion and stretch your muscles, tendons, and ligaments.	
25 Nov 2022	6:00 PM	6:30 PM	30	FRIDAY	ETISALAT BY E& BASE	HIIT	BODY COMBAT	Body 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 coordination.	ALDRIN & DESMOND BY GYMNATION
25 Nov 2022	6:00 PM	7:30 PM	90	FRIDAY	ETISALAT BY E& BASE	INDOOR CYCLE	1REBEL TAKE THE STAGE	Warm up, sweat hard & finish strong. Rebel bring your energy and let's turn up the heat with this 30 minute full body HIIT workout.	LAURA
25 Nov 2022	7:30 PM	8:00 PM	30	FRIDAY	ETISALAT BY E& BASE	PILATES	PILATES	Core and spine conditioning to help improve postural alignment and flexibility.	ANDREA & LISANJILA BY FITNESS FIRST
25 Nov 2022	8:00 PM	8:30 PM	30	FRIDAY	ETISALAT BY E& BASE	HIIT	ENERGY BOOTCAMP	Bootcamp workouts are high-intensity and have a tone of benefits. Try team or partner-based workouts for serious stamina building!	SEENA AKBARY
25 Nov 2022	8:30 PM	9:00 PM	30	FRIDAY	ETISALAT BY E& BASE	CARDIO	POUNDFIT	Cardio jam session that is done by creating your own beat by 'playing the drums.	HASSAN KAMY
25 Nov 2022	9:30 PM	10:00 PM	30	FRIDAY	ETISALAT BY E& BASE	CARDIO	FULL BODY WORKOUT	This is a full body workout that involves cardio to increase the heart rate and resistance training to sculpt the lower body and core - an intense workout to make you leave the class feeling great!	BENJOHN
25 Nov 2022	10:30 PM	11:00 PM	30	FRIDAY	ETISALAT BY E& BASE	CORE	CORE	Functional workout focusing on core strength	BENJOHN
26 Nov 2022	8:00 AM	8:30 AM	30	SATURDAY	ETISALAT BY E& BASE	YOGA	YOFIIT	YoFIIT Is our signature YoFIIT fusion class. This class is a perfect fusion of stretching and strengthening - this class can be considered an endurance test!	CAROLINE O'SHEA BY YOFIT HOT STUDIOS
26 Nov 2022	8:30 AM	9:00 AM	30	SATURDAY	ETISALAT BY E& BASE	DANCE	ZUMBA	Blast that music and work it out! Zumba is a high intensity workout that will have you breaking a sweat within minutes!	KARAN
26 Nov 2022	9:00 AM	9:30 AM	30	SATURDAY	ETISALAT BY E& BASE	CARDIO	POUNDFIT	Cardio jam session that is done by creating your own beat by 'playing the drums.	ANJANA KUMAR
26 Nov 2022	9:30 AM	10:00 AM	30	SATURDAY	ETISALAT BY E& BASE	MOM & BABY FITNESS	LE FITMOM & BABY FITNESS	This workout is designed for mommy and baby bonding. This exercise is designed to improve movement and postural patterns for day to day, focus on breathing and postural work.	4FITMOMS 2BE WITH EVA
26 Nov 2022	10:00 AM	10:30 AM	30	SATURDAY	ETISALAT BY E& BASE	HIIT	BODY ATTACK	The best of boxing and the martial arts come together in each class to offer a simple, dynamic and intense training.	HAMZA BY LESMILLS
26 Nov 2022	10:30 AM	11:00 AM	30	SATURDAY	ETISALAT BY E& BASE	MOM & BABY FITNESS	Eva LE FITPREGNANCY "4FITMOMS 2BE"	This workout is designed for mommy and baby bonding. This exercise is designed to improve movement and postural patterns for day to day, focus on breathing and postural work.	EVA
26 Nov 2022	11:00 AM	11:30 AM	30	SATURDAY	ETISALAT BY E& BASE	YOGA	BODY BALANCE	New generation Yoga class that will improve your mind, your body and your life.	ELLY BY LESMILLS
26 Nov 2022	11:30 AM	12:00 PM	30	SATURDAY	ETISALAT BY E& BASE	PILATES	CORE FLOW	Be ready for fluidity in movements with holding sequences to build stronger core.	JAE BY SHIMIS
26 Nov 2022	3:30 PM	4:00 PM	30	SATURDAY	ETISALAT BY E& BASE	STRENGHT	HANDSTAND	A handstand is the act of supporting the body in a stable, inverted vertical position by balancing on the hands	SOLE BY TRIX
26 Nov 2022	4:00 PM	4:30 PM	30	SATURDAY	ETISALAT BY E& BASE	CARDIO WORKOUT	LATINO CARDIO	Cardio refers to any activity that increases heart rate and respiration while using large muscle groups repetitively and rhythmically.	LIRIS MOSQUERA BY LEVEL UP PILATES
26 Nov 2022	4:30 PM	5:00 PM	30	SATURDAY	ETISALAT BY E& BASE	DANCE	DANCE CLASS BY DP WORLD	DANCE CLASS BY DP WORLD	
26 Nov 2022	5:00 PM	5:30 PM	30	SATURDAY	ETISALAT BY E& BASE	MARTIAL ARTS	TRADITIONAL OKINAWAN GOJU RYU KARATE	Unarmed martial-arts discipline employing kicking, striking, and defensive blocking with arms and legs.	IQKGFUAE

26 Nov 2022	6:00 PM	6:30 PM	30	SATURDAY	ETISALAT BY E& BASE	LESMILLS	GRIT CARDIO	Grit Cardio is a 30-minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increases speed and maximizes calorie burn.	GORDANA BY GYMNATION
26 Nov 2022	6:30 PM	7:00 PM	30	SATURDAY	ETISALAT BY E& BASE	BOXING/MARTIAL ARTS	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
26 Nov 2022	7:30 PM	8:00 PM	30	SATURDAY	ETISALAT BY E& BASE	STRENGHT	BODY WEIGHT CIRCUIT	Bodyweight workouts are exercise routines that use a person's own bodyweight to create resistance and improve strength, flexibility, and endurance, as well as coordination	BODY LANGUAGE AL BARARI
26 Nov 2022	8:00 PM	8:30 PM	30	SATURDAY	ETISALAT BY E& BASE	DANCE	DANCE CLASS BY DP WORLD	DANCE CLASS BY DP WORLD	
26 Nov 2022	8:30 PM	9:00 PM	30	SATURDAY	ETISALAT BY E& BASE	EXERCISE TO MUSIC	AFROFIT DANCE	Dance until you drop! Rhythm and moves that will make you sweat!	AFROFIT CLUB
26 Nov 2022	9:00 PM	9:30 PM	30	SATURDAY	ETISALAT BY E& BASE	CARDIO	POUNDFIT	Cardio jam session that is done by creating your own beat by 'playing the drums.	
26 Nov 2022	9:30 PM	10:00 PM	30	SATURDAY	ETISALAT BY E& BASE	HIIT	HIIT	High-intensity interval training (HIIT) is a form of interval training alternating short periods of intense anaerobic exercise with less intense recovery periods.	LAYLA MONAGHAN BY CULTIVATE MIND&BODY
27 Nov 2022	7:00 AM	7:30 AM	30	SUNDAY	ETISALAT BY E& BASE	YOGA & MEDITATION	YOGA & MEDITATION	Be mindful and focused! train your attention and awareness, through breathworks!	THE ART OF LIVING
27 Nov 2022	8:00 AM	8:30 AM	30	SUNDAY	ETISALAT BY E& BASE	TAI CHI	TAI CHI	Tai Chi helps lower stress and anxiety levels and increase energy. A series of slow, controlled movements and postures help build muscle strength, coordination, balance and flexibility.	
27 Nov 2022	8:30 AM	9:00 AM	30	SUNDAY	ETISALAT BY E& BASE	DANCE	ZUMBA	Blast that music and work it out! Zumba is a high intensity workout that will have you breaking a sweat within minutes!	KARAN
27 Nov 2022	9:00 AM	9:30 AM	30	SUNDAY	ETISALAT BY E& BASE	DANCE	BELLY DANCING	Movements of the hips and torso.	TANIA BY MAYA BLU
27 Nov 2022	10:00 AM	10:30 AM	30	SUNDAY	ETISALAT BY E& BASE	CARDIO	POUNDFIT	Cardio jam session that is done by creating your own beat by 'playing the drums.	ANJANA KUMAR
27 Nov 2022	11:00 AM	11:30 AM	30	SUNDAY	ETISALAT BY E& BASE	HIIT	BARRY'S BOOTCAMP	Boot camp workout is basically a type of high-intensity interval training (HIIT) — bursts of intense activity alternated with intervals of lighter activity	BARRY'S BOOTCAMP TEAM
27 Nov 2022	11:30 AM	12:00 PM	30	SUNDAY	ETISALAT BY E& BASE	YOGA	VINYASA FLOW	Vinyasa flow followed by a sound healing relaxation that will leave you feeling grounded, centered and rejuvenated.	VANESSA BY SHIMIS
27 Nov 2022	12:30 PM	1:00 PM	30	SUNDAY	ETISALAT BY E& BASE	COMBAT CLASS	INTRODUCTION TO MUAY THAI	This is a combat class that uses stand-up striking that focuses in physical exercise, self-defense, attacking, recreation, and personal advancement.	ANISHA SHETTY
27 Nov 2022	1:30 PM	2:00 PM	30	SUNDAY	ETISALAT BY E& BASE	STRENGHT	CORE CONDITIONING	Fuctional workout focusing on core strength	PINKY
27 Nov 2022	4:00 PM	4:30 PM	30	SUNDAY	ETISALAT BY E& BASE	MARTIAL ARTS	KALARIPAYATTU - INDIAN MARTIAL ART	Unarmed martial-arts discipline employing kicking, striking, and defensive blocking with arms and legs.	KALARI CLUB
27 Nov 2022	5:00 PM	5:30 PM	30	SUNDAY	ETISALAT BY E& BASE	MARTIAL ARTS	KALARIPAYATTU - INDIAN MARTIAL ART	Unarmed martial-arts discipline employing kicking, striking, and defensive blocking with arms and legs.	KALARI CLUB
27 Nov 2022	6:00 PM	6:30 PM	30	SUNDAY	ETISALAT BY E& BASE	SHAPE UP	SHAPE UP	To improve to a good or acceptable condition or standard of behavior shaping up at the gym.	GOLI CRAMER
27 Nov 2022	6:30 PM	7:00 PM	30	SUNDAY	ETISALAT BY E& BASE	HIIT	HIIT SQUASH	Squash consists of repeated, short, high-intensity, intermittent bouts	THE FLYING DAF
27 Nov 2022	9:00 PM	9:30 PM	30	SUNDAY	ETISALAT BY E& BASE	EXERCISE TO DANCE	LET'S DANCE FIT	Dance until you drop! Rhythm and moves that will make you sweat!	NAURS YOGA CENTRE
27 Nov 2022	9:30 PM	10:00 PM	30	SUNDAY	ETISALAT BY E& BASE	EXERCISE TO DANCE	SALSA WORKOUT	Salsa is a great workout for toning your muscles, especially your legs and core	REINE ABOU RJELLY

