



DP WORLD KITE BEACH FITNESS VILLAGE - WEEK 4

AVIV JAB

29 OCT - 27 NOV 2022

Start Date	Start time AM / PM	Finish time AM / PM	Duration (mins)	Recurrence	Zone Name	Activity Type	Activity	Activity Description	Provider
19 Nov 2022	4:30 PM	5:00 PM	30	SATURDAY	AVIV JAB	MARTIAL ARTS	KALARIPAYATTU INDIAN MARTIAL ART	Martial Arts for fitness teaches drills and skills from various disciplines.	KALARI CLUB
19 Nov 2022	5:00 PM	5:30 PM	30	SATURDAY	AVIV JAB	MARTIAL ARTS	KALARIPAYATTU INDIAN MARTIAL ART	Martial Arts for fitness teaches drills and skills from various disciplines.	KALARI CLUB
19 Nov 2022	7:00 PM	9:30 PM	150	SATURDAY	AVIV JAB	BOXING	OPEN TRAINING SESSION WITH UAE BOXING FEDERATION	Kick all your stress away and improve your cardiovascular system and improve your boxing skills as you do something just for you.	
21 Nov 2022	6:00 PM	7:30 PM	90	MONDAY	AVIV JAB	BOXING	OPEN TRAINING SESSION WITH UAE BOXING FEDERATION	Kick all your stress away and improve your cardiovascular system and improve your boxing skills as you do something just for you.	
22 Nov 2022	8:00 PM	9:30 PM	90	TUESDAY	AVIV JAB	BOXING	OPEN SPARRING SESSION WITH UAE BOXING FEDERATION	Kick all your stress away and improve your cardiovascular system and improve your boxing skills as you do something just for you.	
23 Nov 2022	9:30 PM	10:00 PM	30	WEDNESDAY	AVIV JAB	BOXING	THAI BOXING	This is a combat class that uses stand-up striking that focuses in physical exercise, self-defense, attacking, recreation, and personal advancement.	MICHAEL BRIONES
24 Nov 2022	6:00 PM	7:30 PM	90	THURSDAY	AVIV JAB	BOXING	OPEN TRAINING SESSION WITH UAE BOXING FEDERATION	Kick all your stress away and improve your cardiovascular system and improve your boxing skills as you do something just for you.	
26 Nov 2022	6:00 PM	6:30 PM	30	SATURDAY	AVIV JAB	MARTIAL ARTS	BOXING MMA	Workout for your mind and body through rounds of different punches for a total cardio workout.	LARA FAWZY