



## **Your Weekly Line-Up of Workouts at The Beach JBR with SQUATWOLF**

*Thursday, 6 November – Tuesday, 11 November 2025*

**Dubai, UAE, xx** – The Beach JBR, in collaboration with homegrown activewear brand SQUATWOLF, continues to energise the city's outdoor workout scene this Dubai Fitness Challenge with its free daily classes designed to get Dubai moving.

From strength training and endurance bootcamps to high-energy kickboxing and mobility recovery flows, every session is led by expert SQUATWOLF coaches and hosted in front of The Pavilion – offering the perfect backdrop for sunrise workouts and sunset sessions.

Whether you're looking to level up your cardio, improve form and flexibility, or just stay active with your fitness crew, this week's schedule offers something for every level.

### **What's on this week:**

#### **Thursday, November 6**

- 7:00 PM – Military Training
- 8:15 PM – Stretch & Sweat

#### **Friday, November 7**

- 7:00 PM – Military Training
- 8:15 PM – HIIT

#### **Saturday, November 8**

- 7:00 AM – Run Right: Mobility & Technique for Beginners
- 8:00 AM – HIIT
- 8:00am - 10:00am — Matcha Mornings @ Smoky Beach.  
The first 10 people to sign up get a free matcha!  
After that, enjoy matcha / coffee and breakfast for only AED 89.  
Free entry
- 4:00 PM – Hybrid
- 5:00 PM – Kickboxing
- 6:15 PM – Stretch & Mobility

#### **Sunday, November 9**

- 7:30 AM – ATP Run Club



- 8:15 AM – Recovery & Mobility
- 4:00 PM – Circuits
- 5:00 PM – Zumba
- 6:15 PM – Cardio Calisthenics

### **Monday, November 10**

- 7:00 PM – HIIT
- 8:15 PM – Pilates

### **Tuesday, November 11**

- 7:00 PM – Bootcamp
- 8:15 PM – HIIT

Don't miss your chance to train by the beach with some of Dubai's top fitness coaches – sign up, show up, and get moving.

View the full schedule and register for sessions [here](#). For more information, visit [The Beach Website](#) or follow [@TheBeachDubai](#) on social media.