

# FIND YOUR THRILLS EMBRACE THE WILD IN THE WADI HUB



**Wall Climbing - Test your strength every Monday from 4 PM - 4:30 PM**



**Outdoor Fitness Circuit - Push your limits and stamina every Tuesday from 4 PM - 5 PM**



**Football Zorbing - A fun twist on the classic sport every Wednesday from 6 PM - 6:30 PM**



**Plunges - Bounce into fun every Thursday from 4 PM - 4:30 PM**



**Mountain Biking - Tackle rugged trails every Thursday (4 PM - 5:30 PM) and Sunday (7 AM - 8:30 AM)**



**Calorie Challenge - Conquer the Aerial Adventure Park every Friday from 4 PM - 5 PM**



**Hiking - Reconnect with nature on scenic trails on Saturday, November 8 at 6 AM**



**Open-Air Swimming - Refresh yourself with open-air swimming every Sunday from 9 AM - 9:30 AM**

**NOVEMBER 1-30, 2025**

Join the **DUBAI FITNESS CHALLENGE** at Hatta Wadi Hub with **FREE** and discounted activities for all — from high-energy adventures to family fun.

SCAN QR code for more information:



**HUBBERS GO GRAVITY**  
BIKE | HIKE | CAMP



مجلس دبي الرياضي  
**DUBAI**  
SPORTS COUNCIL



مركز اللياقة البدنية  
**FITNESS HUB**