

RUN AND RIDE CENTRAL

**ONE CENTRAL
MAIN STAGE**

DATE	START TIME	FINISH TIME	SESSION	PROVIDER
SATURDAY, NOVEMBER 18, 2023	7:00	7:50	RUMI YOGA DAY - ASHTANGA	RUMI X NILAYA HOUSE
	8:00	8:50	RUMI YOGA DAY	RUMI
	9:00	9:50	RUMI YOGA DAY - YOGA FLOW	RUMI X NEHA
	10:00	10:50	RUMI YOGA DAY	RUMI
	11:00	11:50	RUMI YOGA DAY	RUMI
	12:15	12:50	RUMI YOGA DAY - SOUND HEALING & BREATHWORK	RUMI
	13:00	13:50	BODY JAM	LES MILLS
	14:00	15:50	ARE YOU FIT FOR FOILING?	SAIL GP ACTIVATION
	16:00	16:50	SCULPT BY SIRO	SIRO
	17:00	17:30	BODY COMBAT	LES MILLS
	18:00	18:50	BOOTY BY SIRO	SIRO
	19:15	20:00	BODYATTACK	FITNESS FIRST
	20:15	21:00	BODYBALANCE	LES MILLS
	21:00	21:30	DUBAI POLICE MUSICAL BAND	DUBAI POLICE
SUNDAY, NOVEMBER 19, 2023	7:00	7:30	BOLLYWOOD DANCING	MILI
	7:30	8:00	TOTAL BODY	MILI
	8:00	10:00	GRIT GAMES POWERED BY LES MILLS - QUALIFYING	GYMNATION
	10:00	10:50	STRETCH BY SIRO	SIRO
	11:00	11:50	AFROFIT	CHRIS & KING
	12:15	12:50	ENHANCE BODYWEIGHT CARDIO	ENHANCE FITNESS
	13:00	13:50	GENTLE VINYASA	RUMI X PRANA HOUSE
	14:00	14:50	BOXING CLASS	JEFF
	15:00	15:30	ZUMBA	JEANNETH
	15:30	16:00	SLOW FLOW - STRETCH	JEANNETH
	16:00	16:50	POWER BY SIRO	SIRO
	17:00	17:30	BODY JAM	LES MILLS
	18:00	18:50	SCULPT BY SIRO	SIRO
	19:15	20:00	TUFF	FITNESS FIRST
20:15	21:00	BODY COMBAT	LES MILLS	



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DATE	START TIME	FINISH TIME	SESSION	PROVIDER
MONDAY, NOVEMBER 20, 2023	7:00	7:50	RIPE MARKET POP UP	RIPE MARKET POP UP
	8:00	8:50	RIPE MARKET POP UP	RIPE MARKET POP UP
	12:15	12:50	RIPE MARKET POP UP	RIPE MARKET POP UP
	13:00	13:50	RIPE MARKET POP UP	RIPE MARKET POP UP
	16:00	16:50	RIPE MARKET POP UP	RIPE MARKET POP UP
	17:00	17:30	RIPE MARKET POP UP	RIPE MARKET POP UP
	18:00	18:50	RIPE MARKET POP UP	RIPE MARKET POP UP
	19:15	20:00	RIPE MARKET POP UP	RIPE MARKET POP UP
	20:15	21:00	RIPE MARKET POP UP	RIPE MARKET POP UP
TUESDAY, NOVEMBER 21, 2023	7:00	7:50	RIPE MARKET POP UP	RIPE MARKET POP UP
	8:00	8:50	RIPE MARKET POP UP	RIPE MARKET POP UP
	12:15	12:50	RIPE MARKET POP UP	RIPE MARKET POP UP
	13:00	13:50	RIPE MARKET POP UP	RIPE MARKET POP UP
	16:00	16:50	RIPE MARKET POP UP	RIPE MARKET POP UP
	17:00	17:30	RIPE MARKET POP UP	RIPE MARKET POP UP
	18:00	18:50	RIPE MARKET POP UP	RIPE MARKET POP UP
	19:15	20:00	RIPE MARKET POP UP	RIPE MARKET POP UP
	20:15	21:00	RIPE MARKET POP UP	RIPE MARKET POP UP
WEDNESDAY, NOVEMBER 22, 2023	7:00	7:50	FLOW YOGA	RUMI X PRANA HOUSE
	8:00	8:30	BOLLYWOOD DANCING	MILI
	8:30	9:00	MOBILITY	MILI
	15:30	16:00	MOBILITY & FLEXIBILITY	JEFF
	16:00	16:50	HIIT	JEFF
	17:00	17:30	BODYBALANCE	LES MILLS
	18:00	18:30	ABS & CORE	JEFF
	18:30	19:00	BOXING CLASS	JEFF
	19:15	20:00	BODY COMBAT	FITNESS FIRST
	20:15	21:00	RUMI YOGA FLOW	RUMI



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DATE	START TIME	FINISH TIME	SESSION	PROVIDER
THURSDAY NOVEMBER 23, 2023	7:00	7:50	RUMI YOGA FLOW	RUMI
	8:00	8:50	BODY ATTACK	LES MILLS
	15:30	16:00	AFROFIT	CHRIS & KING
	16:00	16:50	ZUMBA	VALENTINA
	17:00	18:50	ARE YOU FIT FOR FOILING?	SAIL GP ACTIVATION
	19:15	20:00	BRAZILIAN BUTT BLAST	FITNESS FIRST
	20:15	21:00	HATHA YOGA	RUMI X OPEN CIRCLE
FRIDAY, NOVEMBER 24, 2023	7:00	7:30	BOLLYWOOD DANCING	MILI
	7:30	8:00	TOTAL BODY	MILI
	8:00	8:50	FLOW YOGA	RUMI X PRANA HOUSE
	15:30	16:00	AFROFIT	CHRIS & KING
	16:00	16:50	BODY COMBAT	LES MILLS
	17:00	17:30	BOLLYWOOD DANCING	MILI
	18:00	18:50	FLEXIBILITY & STRENGTH	RUMI X TRUTH YOGA
	19:15	20:00	FUSION	FITNESS FIRST
	20:15	21:00	RUMI YOGA FLOW	RUMI
SATURDAY, NOVEMBER 25, 2023	7:00	11:00	GRIT GAMES POWERED BY LES MILLS - FINAL	GYMNATION
	11:00	11:50	HIIT	JEFF
	12:15	12:50	ENHANCE BODYWEIGHT CARDIO	ENHANCE FITNESS
	13:00	13:50	BOXING CLASS	JEFF
	14:00	14:50	ABS & CORE	JEFF
	15:00	15:50	VINYASA SLOW FLOW	RUMI X HOME OF CHI
	16:00	16:50	BOOTY BY SIRO	SIRO
	17:00	17:30	RUMI YOGA FLOW	RUMI
	18:00	18:50	SCULPT BY SIRO	SIRO
	19:15	20:00	CORE	FITNESS FIRST
	20:15	21:00	RUMI YOGA FLOW	RUMI



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DATE	START TIME	FINISH TIME	SESSION	PROVIDER
SUNDAY, NOVEMBER 26, 2023	7:00	10:00	DUBAI RUN	VENUE CLOSED
	10:00	10:50	STRETCH BY SIRO	SIRO
	11:00	11:30	BOXING CLASS	JEFF
	12:15	12:45	MOBILITY & FLEXIBIITY	JEFF
	13:00	13:50	ENHANCE BODYWEIGHT CARDIO	ENHANCE FITNESS
	14:00	14:50	ZUMBA	JEANNETH
	15:00	15:50	RUMI YOGA FLOW	RUMI
	16:00	16:50	POWER BY SIRO	SIRO
	17:00	17:30	AFROFIT	CHRIS & KING
	18:00	18:50	STRETCH THE STRESS OUT	SIRO
	19:15	20:00	AFROFIT	CHRIS & KING
	20:15	21:00	ZUMBA	FITNESS FIRST

