29 OCT - 27 NOV 2022

RTA LAST EXIT AL KHAWANEEJ FITNESS VILLAGE - WEEK 4

DUBAI CHAMBERS BOUNCE

Start Date	Start time AM / PM format	Finish time AM / PM format	Duration	Recurrence	Zone Name	Activity Type	Activity	Activity Description	Provider
19 Nov 2022	6:00 PM	6:30 PM	30	SATURDAY	DUBAI CHAMBERS BOUNCE	REBOUND	BOUNCE	Rebounding provides a full body workout with cardio, strengthening, and tiny movements to lengthen and define the muscles, while being easy on the joints.	LILICA BY FITNGLAM
19 Nov 2022	7:30 PM	8:00 PM	30	SATURDAY	DUBAI CHAMBERS BOUNCE	REBOUND	POP JUMP	Pop Jump provides a full body workout with cardio, strengthening, and tiny movements to lengthen and define the muscles, while being easy on the joints.	BOUNCE FIT BODY
19 Nov 2022	8:30 PM	9:00 PM	30	SATURDAY	DUBAI CHAMBERS BOUNCE	REBOUND	REBOUNDER CLASS	Rebounding provides a full body workout with cardio, strengthening, and tiny movements to lengthen and define the muscles, while being easy on the joints.	BOUNCE FIT BODY
19 Nov 2022	9:30 PM	10:00 PM	30	SATURDAY	DUBAI CHAMBERS BOUNCE	REBOUND	POP JUMP	Pop Jump provides a full body workout with cardio, strengthening, and tiny movements to lengthen and define the muscles, while being easy on the joints.	BOUNCE FIT BODY
19 Nov 2022	10:30 PM	11:00 PM	30	SATURDAY	DUBAI CHAMBERS BOUNCE	REBOUND	REBOUNDER CLASS	Rebounding provides a full body workout with cardio, strengthening, and tiny movements to lengthen and define the muscles, while being easy on the joints.	BOUNCE FIT BODY
20 Nov 2022	4:00 PM	4:30 PM	30	SUNDAY	DUBAI CHAMBERS BOUNCE	REBOUND	REBOUNDER CLASS	Rebounding provides a full body workout with cardio, strengthening, and tiny movements to lengthen and define the muscles, while being easy on the joints.	
20 Nov 2022	6:00 PM	6:30 PM	30	SUNDAY	DUBAI CHAMBERS BOUNCE	REBOUND	REBOUNDER CLASS	Rebounding provides a full body workout with cardio, strengthening, and tiny movements to lengthen and define the muscles, while being easy on the joints.	BOUNCE FIT BODY
20 Nov 2022	7:30 PM	8:00 PM	30	SUNDAY	DUBAI CHAMBERS BOUNCE	REBOUND	POP JUMP	Pop Jump provides a full body workout with cardio, strengthening, and tiny movements to lengthen and define the muscles, while being easy on the joints.	BOUNCE FIT BODY
20 Nov 2022	8:30 PM	9:00 PM	30	SUNDAY	DUBAI CHAMBERS BOUNCE	REBOUND	REBOUNDER CLASS	Rebounding provides a full body workout with cardio, strengthening, and tiny movements to lengthen and define the muscles, while being easy on the joints.	BOUNCE FIT BODY
20 Nov 2022	9:30 PM	10:00 PM	30	SUNDAY	DUBAI CHAMBERS BOUNCE	REBOUND	POP JUMP	Pop Jump provides a full body workout with cardio, strengthening, and tiny movements to lengthen and define the muscles, while being easy on the joints.	BOUNCE FIT BODY
21 Nov 2022	5:00 PM	5:30 PM	30	MONDAY	DUBAI CHAMBERS BOUNCE	REBOUND	REBOUNDER CLASS	Rebounding provides a full body workout with cardio, strengthening, and tiny movements to lengthen and define the muscles, while being easy on the joints.	BOUNCE FIT BODY
21 Nov 2022	6:00 PM	6:30 PM	30	MONDAY	DUBAI CHAMBERS BOUNCE	REBOUND	POP JUMP	Pop Jump provides a full body workout with cardio, strengthening, and tiny movements to lengthen and define the muscles, while being easy on the joints.	BOUNCE FIT BODY
21 Nov 2022	7:30 PM	8:00 PM	30	MONDAY	DUBAI CHAMBERS BOUNCE	REBOUND	REBOUNDER CLASS	Rebounding provides a full body workout with cardio, strengthening, and tiny movements to lengthen and define the muscles, while being easy on the joints.	BOUNCE FIT BODY
21 Nov 2022	8:30 PM	9:00 PM	30	MONDAY	DUBAI CHAMBERS BOUNCE	REBOUND	POP JUMP	Pop Jump provides a full body workout with cardio, strengthening, and tiny movements to lengthen and define the muscles, while being easy on the joints.	BOUNCE FIT BODY
21 Nov 2022	9:30 PM	10:00 PM	30	MONDAY	DUBAI CHAMBERS BOUNCE	REBOUND	REBOUNDER CLASS	Rebounding provides a full body workout with cardio, strengthening, and tiny movements to lengthen and define the muscles, while being easy on the joints.	BOUNCE FIT BODY
22 Nov 2022	5:00 PM	5:30 PM	30	TUESDAY	DUBAI CHAMBERS BOUNCE	REBOUND	REBOUNDER CLASS	Rebounding provides a full body workout with cardio, strengthening, and tiny movements to lengthen and define the muscles, while being easy on the joints.	BOUNCE FIT BODY
22 Nov 2022	6:00 PM	6:30 PM	30	TUESDAY	DUBAI CHAMBERS BOUNCE	REBOUND	POP JUMP	Pop Jump provides a full body workout with cardio, strengthening, and tiny movements to lengthen and define the muscles, while being easy on the joints.	BOUNCE FIT BODY
22 Nov 2022	7:30 PM	8:00 PM	30	TUESDAY	DUBAI CHAMBERS BOUNCE	REBOUND	REBOUNDER CLASS	Rebounding provides a full body workout with cardio, strengthening, and tiny movements to lengthen and define the muscles, while being easy on the joints.	BOUNCE FIT BODY
22 Nov 2022	8:30 PM	9:00 PM	30	TUESDAY	DUBAI CHAMBERS BOUNCE	REBOUND	POP JUMP	Pop Jump provides a full body workout with cardio, strengthening, and tiny movements to lengthen and define the muscles, while being easy on the joints.	BOUNCE FIT BODY
22 Nov 2022	9:30 PM	10:00 PM	30	TUESDAY	DUBAI CHAMBERS BOUNCE	REBOUND	REBOUNDER CLASS	Rebounding provides a full body workout with cardio, strengthening, and tiny movements to lengthen and define the muscles, while being easy on the joints.	BOUNCE FIT BODY
23 Nov 2022	5:00 PM	5:30 PM	30	WEDNESDAY	DUBAI CHAMBERS BOUNCE	REBOUND	REBOUNDER CLASS	Rebounding provides a full body workout with cardio, strengthening, and tiny movements to lengthen and define the muscles, while being easy on the joints.	BOUNCE FIT BODY
23 Nov 2022	6:00 PM	6:30 PM	30	WEDNESDAY	DUBAI CHAMBERS BOUNCE	REBOUND	POP JUMP	Pop Jump provides a full body workout with cardio, strengthening, and tiny movements to lengthen and define the muscles, while being easy on the joints.	BOUNCE FIT BODY
23 Nov 2022	7:30 PM	8:00 PM	30	WEDNESDAY	DUBAI CHAMBERS BOUNCE	REBOUND	REBOUNDER CLASS	Rebounding provides a full body workout with cardio, strengthening, and tiny movements to lengthen and define the muscles, while being easy on the joints.	BOUNCE FIT BODY
23 Nov 2022	8:30 PM	9:00 PM	30	WEDNESDAY	DUBAI CHAMBERS BOUNCE	REBOUND	POP JUMP	Pop Jump provides a full body workout with cardio, strengthening, and tiny movements to lengthen and define the muscles, while being easy on the joints.	BOUNCE FIT BODY
23 Nov 2022	9:30 PM	10:00 PM	30	WEDNESDAY	DUBAI CHAMBERS BOUNCE	REBOUND	REBOUNDER CLASS	Rebounding provides a full body workout with cardio, strengthening, and tiny movements to lengthen and define the muscles, while being easy on the joints.	BOUNCE FIT BODY
24 Nov 2022	5:00 PM	5:30 PM	30	THURSDAY	DUBAI CHAMBERS BOUNCE	REBOUND	REBOUNDER CLASS	Rebounding provides a full body workout with cardio, strengthening, and tiny movements to lengthen and define the muscles, while being easy on the joints.	BOUNCE FIT BODY
24 Nov 2022	6:00 PM	6:30 PM	30	THURSDAY	DUBAI CHAMBERS BOUNCE	REBOUND	POP JUMP	Pop Jump provides a full body workout with cardio, strengthening, and tiny movements to lengthen and define the muscles, while being easy on the joints.	BOUNCE FIT BODY
24 Nov 2022	7:30 PM	8:00 PM	30	THURSDAY	DUBAI CHAMBERS BOUNCE	REBOUND	REBOUNDER CLASS	Rebounding provides a full body workout with cardio, strengthening, and tiny movements to lengthen and define the muscles, while being easy on the joints.	BOUNCE FIT BODY
24 Nov 2022	8:30 PM	9:00 PM	30	THURSDAY	DUBAI CHAMBERS BOUNCE	REBOUND	POP JUMP	Pop Jump provides a full body workout with cardio, strengthening, and tiny movements to lengthen and define the muscles, while being easy on the joints.	BOUNCE FIT BODY
24 Nov 2022	9:30 PM	10:00 PM	30	THURSDAY	DUBAI CHAMBERS BOUNCE	REBOUND	REBOUNDER CLASS	Rebounding provides a full body workout with cardio, strengthening, and tiny movements to lengthen and define the muscles, while being easy on the joints.	BOUNCE FIT BODY
25 Nov 2022	5:00 PM	5:30 PM	30	FRIDAY	DUBAI CHAMBERS BOUNCE	REBOUND	REBOUNDER CLASS	Rebounding provides a full body workout with cardio, strengthening, and tiny movements to lengthen and define the muscles, while being easy on the joints.	BOUNCE FIT BODY
25 Nov 2022	6:00 PM	6:30 PM	30	FRIDAY	DUBAI CHAMBERS BOUNCE	REBOUND	POP JUMP	Pop Jump provides a full body workout with cardio, strengthening, and tiny movements to lengthen and define the muscles, while being easy on the joints.	BOUNCE FIT BODY
25 Nov 2022	7:30 PM	8:00 PM	30	FRIDAY	DUBAI CHAMBERS BOUNCE	REBOUND	REBOUNDER CLASS	Rebounding provides a full body workout with cardio, strengthening, and tiny movements to lengthen and define the muscles, while being easy on the joints.	BOUNCE FIT BODY
25 Nov 2022	8:30 PM	9:00 PM	30	FRIDAY	DUBAI CHAMBERS BOUNCE	REBOUND	POP JUMP	Pop Jump provides a full body workout with cardio, strengthening, and tiny movements to lengthen and define the muscles, while being easy on the joints.	BOUNCE FIT BODY
25 Nov 2022	9:30 PM	10:00 PM	30	FRIDAY	DUBAI CHAMBERS BOUNCE	REBOUND	REBOUNDER CLASS	Rebounding provides a full body workout with cardio, strengthening, and tiny movements to lengthen and define the muscles, while being easy on the joints.	BOUNCE FIT BODY
26 Nov 2022	6:00 PM	6:30 PM	30	SATURDAY	DUBAI CHAMBERS BOUNCE	REBOUND	REBOUNDER CLASS	Rebounding provides a full body workout with cardio, strengthening, and tiny movements to lengthen and define the muscles, while being easy on the joints.	BOUNCE FIT BODY
26 Nov 2022	7:30 PM	8:00 PM	30	SATURDAY	DUBAI CHAMBERS BOUNCE	REBOUND	POP JUMP	Pop Jump provides a full body workout with cardio, strengthening, and tiny movements to lengthen and define the muscles, while being easy on the joints.	BOUNCE FIT BODY
26 Nov 2022	8:30 PM	9:00 PM	30	SATURDAY	DUBAI CHAMBERS BOUNCE	REBOUND	REBOUNDER CLASS	Rebounding provides a full body workout with cardio, strengthening, and tiny movements to lengthen and define the muscles, while being easy on the joints.	BOUNCE FIT BODY
26 Nov 2022	9:30 PM	10:00 PM	30	SATURDAY	DUBAI CHAMBERS BOUNCE	REBOUND	POP JUMP	Pop Jump provides a full body workout with cardio, strengthening, and tiny movements to lengthen and define the muscles, while being easy on the joints.	BOUNCE BODY FIT
26 Nov 2022	10:30 PM	11:00 PM	30	SATURDAY	DUBAI CHAMBERS BOUNCE	REBOUND	REBOUNDER CLASS	Rebounding provides a full body workout with cardio, strengthening, and tiny movements to lengthen and define the muscles, while being easy on the joints.	BOUNCE FIT BODY
27 Nov 2022	4:00 PM	4:30 PM	30	SUNDAY	DUBAI CHAMBERS BOUNCE	REBOUND	REBOUNDER CLASS	Rebounding provides a full body workout with cardio, strengthening, and tiny movements to lengthen and define the muscles, while being easy on the joints.	BOUNCE FIT BODY
27 Nov 2022	6:00 PM	6:30 PM	30	SUNDAY	DUBAI CHAMBERS BOUNCE	REBOUND	REBOUNDER CLASS	Rebounding provides a full body workout with cardio, strengthening, and tiny movements to lengthen and define the muscles, while being easy on the joints.	BOUNCE FIT BODY
27 Nov 2022	7:30 PM	8:00 PM	30	SUNDAY	DUBAI CHAMBERS BOUNCE	REBOUND	REBOUNDER CLASS	Rebounding provides a full body workout with cardio, strengthening, and tiny movements to lengthen and define the muscles, while being easy on the joints.	BODY TECHNIQUE
27 Nov 2022	8:30 PM	9:00 PM	30	SUNDAY	DUBAI CHAMBERS BOUNCE	REBOUND	REBOUNDER CLASS	Rebounding provides a full body workout with cardio, strengthening, and tiny movements to lengthen and define the muscles, while being easy on the joints.	BOUNCE FIT BODY
27 Nov 2022	9:30 PM	10:00 PM	30	SUNDAY	DUBAI CHAMBERS BOUNCE	REBOUND	POP JUMP	Pop Jump provides a full body workout with cardio, strengthening, and tiny movements to lengthen and define the muscles, while being easy on the joints.	BOUNCE FIT BODY