



29 OCT - 27 NOV 2022

DP WORLD KITE BEACH FITNESS VILLAGE - WEEK 4

FITBIT CORE

Start Date	Start time AM / PM	Finish time AM / PM	Duration (mins)	Recurrence	Zone Name	Activity Type	Activity	Activity Description	Provider
19 Nov 2022	7:30 AM	8:00 AM	30	SATURDAY	FITBIT CORE	HIIT	SUNRISE HIIT	Fit is HIIT! Challenge yourself with a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise.	ASEM
19 Nov 2022	9:00 AM	9:30 AM	30	SATURDAY	FITBIT CORE	STRENGTH	FUNCTIONAL TRAINING	Functional training attempts to adapt or develop exercises which allow individuals to perform the activities of daily life more easily and without injuries.	RESET FITNESS
19 Nov 2022	10:00 AM	10:30 AM	30	SATURDAY	FITBIT CORE	FITBIT CORE	FITBIT CORE	Afro beats that blast your core, improve overall muscle tone.	AFROFIT DUBAI
19 Nov 2022	10:30 AM	11:00 AM	30	SATURDAY	FITBIT CORE	STRENGTH	FUNCTIONAL TRAINING	Functional training attempts to adapt or develop exercises which allow individuals to perform the activities of daily life more easily and without injuries.	RESET FITNESS
19 Nov 2022	11:30 AM	12:00 PM	30	SATURDAY	FITBIT CORE	FITBIT CORE	FIRE UP ABS	This full body workout will focus on your core, so get ready to feel that burn.30 mins of full body movements, 40 secs each exercise and minimal rest in between to make this workout truly effective	DIANA
19 Nov 2022	12:00 PM	1:00 PM	60	SATURDAY	FITBIT CORE	OPEN GYM	OPEN GYM	OPEN GYM	
19 Nov 2022	1:00 PM	2:00 PM	60	SATURDAY	FITBIT CORE	OPEN GYM	OPEN GYM	OPEN GYM	
19 Nov 2022	2:00 PM	3:00 PM	60	SATURDAY	FITBIT CORE	OPEN GYM	OPEN GYM	OPEN GYM	
19 Nov 2022	3:00 PM	4:00 PM	60	SATURDAY	FITBIT CORE	OPEN GYM	OPEN GYM	OPEN GYM	
19 Nov 2022	4:30 PM	5:30 PM	60	SATURDAY	FITBIT CORE	HIIT	HIIT BOOTCAMP	boot camp workout is basically a type of high-intensity interval training (HIIT) — bursts of intense activity alternated with intervals of lighter activity	AHMED SAM BY MEET N TRAIN
19 Nov 2022	5:30 PM	6:30 PM	60	SATURDAY	FITBIT CORE	OPEN GYM	OPEN GYM	OPEN GYM	
19 Nov 2022	6:30 PM	7:30 PM	60	SATURDAY	FITBIT CORE	OPEN GYM	OPEN GYM	OPEN GYM	
19 Nov 2022	7:30 PM	8:00 PM	30	SATURDAY	FITBIT CORE	HIIT	HIIT	High intensity interval training sessions workouts.	LAYLA BY CULTIVATE MINDA & BODY
19 Nov 2022	8:30 PM	9:00 PM	30	SATURDAY	FITBIT CORE	BODY CONDITIONING	CIRCUIT TRAINING	Circuit training is a form of body conditioning that involves endurance training, resistance training, high-intensity aerobics, and exercises performed in a circuit, similar to High-intensity interval training.	
19 Nov 2022	9:30 PM	10:00 PM	30	SATURDAY	FITBIT CORE	HIIT	HIIT	Fit is HIIT! Challenge yourself with a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise.	BENJOHN
19 Nov 2022	10:00 PM	11:00 PM	60	SATURDAY	FITBIT CORE	OPEN GYM	OPEN GYM	OPEN GYM	
20 Nov 2022	7:00 AM	8:00 AM	60	SUNDAY	FITBIT CORE	OPEN GYM	OPEN GYM	OPEN GYM	
20 Nov 2022	8:00 AM	8:30 AM	30	SUNDAY	FITBIT CORE	STRENGTH	CORE CONDITIONING	Functional workout focusing on core strength	ASEM
20 Nov 2022	8:30 AM	9:30 AM	60	SUNDAY	FITBIT CORE	OPEN GYM	OPEN GYM	OPEN GYM	
20 Nov 2022	9:30 AM	10:00 AM	30	SUNDAY	FITBIT CORE	HIIT	HIIT	Fit is HIIT! Challenge yourself with a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise.	ASEM
20 Nov 2022	10:00 AM	11:00 AM	60	SUNDAY	FITBIT CORE	OPEN GYM	OPEN GYM	OPEN GYM	

20 Nov 2022	11:00 AM	11:30 AM	30	SUNDAY	FITBIT CORE	FUNCTIONAL	FUNCTIONAL	Functional training involves mainly weight bearing activities targeted at core muscles of the abdomen and lower back.	ASEM
20 Nov 2022	11:30 AM	12:30 PM	60	SUNDAY	FITBIT CORE	OPEN GYM	OPEN GYM	OPEN GYM	
20 Nov 2022	12:30 PM	1:30 PM	60	SUNDAY	FITBIT CORE	OPEN GYM	OPEN GYM	OPEN GYM	
20 Nov 2022	1:30 PM	2:30 PM	60	SUNDAY	FITBIT CORE	OPEN GYM	OPEN GYM	OPEN GYM	
20 Nov 2022	2:30 PM	3:30 PM	60	SUNDAY	FITBIT CORE	OPEN GYM	OPEN GYM	OPEN GYM	
20 Nov 2022	3:30 PM	4:30 PM	60	SUNDAY	FITBIT CORE	OPEN GYM	OPEN GYM	OPEN GYM	
20 Nov 2022	4:30 PM	5:00 PM	30	SUNDAY	FITBIT CORE	BOXING PERSONAL TRAINING SESSIONS	BOXING PERSONAL TRAINING SESSIONS	BOXING PERSONAL TRAINING SESSIONS	ENCHANCE
20 Nov 2022	5:00 PM	5:30 PM	30	SUNDAY	FITBIT CORE	BOXING PERSONAL TRAINING SESSIONS	BOXING PERSONAL TRAINING SESSIONS	BOXING PERSONAL TRAINING SESSIONS	ENCHANCE
20 Nov 2022	5:30 PM	6:30 PM	60	SUNDAY	FITBIT CORE	OPEN GYM	OPEN GYM	OPEN GYM	
20 Nov 2022	6:30 PM	7:30 PM	30	SUNDAY	FITBIT CORE	OPEN GYM	OPEN GYM	OPEN GYM	
20 Nov 2022	7:30 PM	8:00 PM	30	SUNDAY	FITBIT CORE	HIIT	HIIT	Fit is HIIT! Challenge yourself with a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise.	BENJOHN
20 Nov 2022	8:30 PM	9:00 PM	30	SUNDAY	FITBIT CORE	BODY CONDITIONING	CIRCUIT TRAINING	Circuit training is a form of body conditioning that involves endurance training, resistance training, high-intensity aerobics, and exercises performed in a circuit, similar to High-intensity interval training.	BENJOHN
20 Nov 2022	9:30 PM	10:00 PM	30	SUNDAY	FITBIT CORE	STRENGTH	CORE CONDITIONING	Functional workout focusing on core strength	BENJOHN
20 Nov 2022	10:00 PM	11:00 PM	60	SUNDAY	FITBIT CORE	OPEN GYM	OPEN GYM	OPEN GYM	
21 Nov 2022	3:00 PM	4:00 PM	60	MONDAY	FITBIT CORE	OPEN GYM	OPEN GYM	OPEN GYM	
21 Nov 2022	4:00 PM	5:00 PM	60	MONDAY	FITBIT CORE	OPEN GYM	OPEN GYM	OPEN GYM	
21 Nov 2022	5:00 PM	6:00 PM	60	MONDAY	FITBIT CORE	OPEN GYM	OPEN GYM	OPEN GYM	
21 Nov 2022	6:30 PM	7:00 PM	30	MONDAY	FITBIT CORE	HIIT	HIIT	Fit is HIIT! Challenge yourself with a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise.	HALA AL QAODU
21 Nov 2022	7:30 PM	8:00 PM	30	MONDAY	FITBIT CORE	STRENGTH	CORE CONDITIONING	Functional workout focusing on core strength	BENJOHN
21 Nov 2022	8:30 PM	9:00 PM	30	MONDAY	FITBIT CORE	BODY CONDITIONING	CIRCUIT TRAINING	Circuit training is a form of body conditioning that involves endurance training, resistance training, high-intensity aerobics, and exercises performed in a circuit, similar to High-intensity interval training.	BENJOHN
21 Nov 2022	9:30 PM	10:00 PM	30	MONDAY	FITBIT CORE	HIIT	HIIT	Fit is HIIT! Challenge yourself with a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise.	BENJOHN
22 Nov 2022	3:00 PM	4:00 PM	60	TUESDAY	FITBIT CORE	OPEN GYM	OPEN GYM	OPEN GYM	
22 Nov 2022	4:00 PM	4:30 PM	30	TUESDAY	FITBIT CORE	HIIT	MILITARY BOOTCAMP	Military HIIT workouts alternate between high intensity and low-to-moderate intensity intervals as the circuit progresses following the basic military exercises. If you're looking to burn fat while building endurance, you'll want to try this workout.	WILL
22 Nov 2022	4:30 PM	5:30 PM	60	TUESDAY	FITBIT CORE	OPEN GYM	OPEN GYM	OPEN GYM	
22 Nov 2022	6:00 PM	6:30 PM	30	TUESDAY	FITBIT CORE	HIIT	BOOTCAMP	Bootcamp workouts are high-intensity and have a tone of benefits. Try team or partner-based workouts for serious stamina building!	NICOLE ALAGHA
22 Nov 2022	6:30 PM	7:30 PM	60	TUESDAY	FITBIT CORE	OPEN GYM	OPEN GYM	OPEN GYM	

22 Nov 2022	7:30 PM	8:00 PM	30	TUESDAY	FITBIT CORE	FUNCTIONAL FITNESS	MIGUEL FUNC FITNESS	Functional Fitness greatly improves strength and stability across a variety of movements that readies your body for daily activities.	MEET N TRAIN
22 Nov 2022	8:30 PM	9:00 PM	30	TUESDAY	FITBIT CORE	FUNCTIONAL FITNESS	MIGUEL FUNC FITNESS	Functional Fitness greatly improves strength and stability across a variety of movements that readies your body for daily activities.	MEET N TRAIN
22 Nov 2022	9:00 PM	10:00 PM	60	TUESDAY	FITBIT CORE	OPEN GYM	OPEN GYM	OPEN GYM	
22 Nov 2022	10:00 PM	11:00 PM	60	TUESDAY	FITBIT CORE	OPEN GYM	OPEN GYM	OPEN GYM	
23 Nov 2022	3:00 PM	4:00 PM	60	WEDNESDAY	FITBIT CORE	OPEN GYM	OPEN GYM	OPEN GYM	
23 Nov 2022	4:00 PM	4:30 PM	30	WEDNESDAY	FITBIT CORE	HIIT	MILITARY BOOTCAMP	Military HIIT workouts alternate between high intensity and low-to-moderate intensity intervals as the circuit progresses following the basic military exercises. If you're looking to burn fat while building endurance, you'll want to try this workout.	ASEM ASFOUR
23 Nov 2022	4:30 PM	5:00 PM	30	WEDNESDAY	FITBIT CORE	OPEN GYM	OPEN GYM	OPEN GYM	
23 Nov 2022	5:00 PM	5:30 PM	30	WEDNESDAY	FITBIT CORE	STRENGTH	TOTAL BODY WORKOUT	This 30-minute workout will help you burn calories, increase endurance, improve athleticism, and even challenge you mentally.	WILL ROBB
23 Nov 2022	5:30 PM	6:00 PM	30	WEDNESDAY	FITBIT CORE	STRENGTH	TOTAL BODY WORKOUT	This 30-minute workout will help you burn calories, increase endurance, improve athleticism, and even challenge you mentally.	WILL ROBB
23 Nov 2022	6:00 PM	6:30 PM	30	WEDNESDAY	FITBIT CORE	OPEN GYM	OPEN GYM	OPEN GYM	
23 Nov 2022	6:30 PM	7:00 PM	30	WEDNESDAY	FITBIT CORE	STRENGTH	FUNCTIONAL TRAINING	Functional training attempts to adapt or develop exercises which allow individuals to perform the activities of daily life more easily and without injuries.	RESET FITNESS
23 Nov 2022	7:30 PM	8:00 PM	30	WEDNESDAY	FITBIT CORE	STRENGTH	FUNCTIONAL TRAINING	Functional training attempts to adapt or develop exercises which allow individuals to perform the activities of daily life more easily and without injuries.	RESET TRAINING
23 Nov 2022	8:00 PM	9:00 PM	60	WEDNESDAY	FITBIT CORE	OPEN GYM	OPEN GYM	OPEN GYM	
23 Nov 2022	9:00 PM	10:00 PM	60	WEDNESDAY	FITBIT CORE	OPEN GYM	OPEN GYM	OPEN GYM	
23 Nov 2022	10:00 PM	11:00 PM	60	WEDNESDAY	FITBIT CORE	OPEN GYM	OPEN GYM	OPEN GYM	
24 Nov 2022	3:00 PM	4:00 PM	45	THURSDAY	FITBIT CORE	OPEN GYM	OPEN GYM	OPEN GYM	
24 Nov 2022	4:00 PM	4:30 PM	30	THURSDAY	FITBIT CORE	HIIT	MILITARY BOOTCAMP	Military HIIT workouts alternate between high intensity and low-to-moderate intensity intervals as the circuit progresses following the basic military exercises. If you're looking to burn fat while building endurance, you'll want to try this workout.	ASEM ASFOUR
24 Nov 2022	4:30 PM	5:30 PM	60	THURSDAY	FITBIT CORE	OPEN GYM	OPEN GYM	OPEN GYM	
24 Nov 2022	5:30 PM	6:00 PM	30	THURSDAY	FITBIT CORE	STRENGTH	CORE CONDITIONING	Core conditioning improves posture, which contributes to a trimmer appearance	ASEM ASFOUR
24 Nov 2022	6:00 PM	6:30 PM	30	THURSDAY	FITBIT CORE	OPEN GYM	OPEN GYM	OPEN GYM	
24 Nov 2022	6:30 PM	7:00 PM	30	THURSDAY	FITBIT CORE	HIIT	MILITARY BOOTCAMP	Military HIIT workouts alternate between high intensity and low-to-moderate intensity intervals as the circuit progresses following the basic military exercises. If you're looking to burn fat while building endurance, you'll want to try this workout.	ASEM ASFOUR
24 Nov 2022	7:00 PM	7:30 PM	30	THURSDAY	FITBIT CORE	OPEN GYM	OPEN GYM	OPEN GYM	
24 Nov 2022	7:30 PM	8:00 PM	30	THURSDAY	FITBIT CORE	HIIT	BOOTCAMP	Bootcamp workouts are high-intensity and have a tone of benefits. Try team or partner-based workouts for serious stamina building!	KAI FROM MALDIVES
24 Nov 2022	8:00 PM	8:30 PM	30	THURSDAY	FITBIT CORE	OPEN GYM	OPEN GYM	OPEN GYM	
24 Nov 2022	8:30 PM	9:00 PM	30	THURSDAY	FITBIT CORE	HIIT	MILITARY BOOTCAMP	Military HIIT workouts alternate between high intensity and low-to-moderate intensity intervals as the circuit progresses following the basic military exercises. If you're looking to burn fat while building endurance, you'll want to try this workout.	BENJOHN
24 Nov 2022	9:00 PM	9:30 PM	30	THURSDAY	FITBIT CORE	OPEN GYM	OPEN GYM	OPEN GYM	

24 Nov 2022	9:30 PM	10:00 PM	30	THURSDAY	FITBIT CORE	HIIT	HIIT	Fit is HIIT! Challenge yourself with a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise.	RENANTE
24 Nov 2022	10:00 PM	11:00 PM	60	THURSDAY	FITBIT CORE	OPEN GYM	OPEN GYM	OPEN GYM	
25 Nov 2022	3:00 PM	4:00 PM	60	FRIDAY	FITBIT CORE	OPEN GYM	OPEN GYM	OPEN GYM	
25 Nov 2022	4:00 PM	4:30 PM	30	FRIDAY	FITBIT CORE	OPEN GYM	OPEN GYM	OPEN GYM	
25 Nov 2022	4:30 PM	5:00 PM	30	FRIDAY	FITBIT CORE	CORE	CORE	Functional workout focusing on core strength	ASEM ASFOUR
25 Nov 2022	5:00 PM	5:30 PM	30	FRIDAY	FITBIT CORE	OPEN GYM	OPEN GYM	OPEN GYM	
25 Nov 2022	5:30 PM	6:00 PM	30	FRIDAY	FITBIT CORE	HIIT	MILITARY BOOTCAMP	Military HIIT workouts alternate between high intensity and low-to-moderate intensity intervals as the circuit progresses following the basic military exercises. If you're looking to burn fat while building endurance, you'll want to try this workout.	ASEM ASFOUR
25 Nov 2022	6:00 PM	7:00 PM	60	FRIDAY	FITBIT CORE	OPEN GYM	OPEN GYM	OPEN GYM	
25 Nov 2022	7:00 PM	7:30 PM	30	FRIDAY	FITBIT CORE	STRENGTH	CORE CONDITIONING	Core conditioning improves posture, which contributes to a trimmer appearance	RENANTE
25 Nov 2022	7:30 PM	8:00 PM	30	FRIDAY	FITBIT CORE	OPEN GYM	OPEN GYM	OPEN GYM	
25 Nov 2022	8:00 PM	8:30 PM	30	FRIDAY	FITBIT CORE	CARDIO	FULL BODY WORKOUT	This is a full body workout that involves cardio to increase the heart rate and resistance training to sculpt the lower body and core - an intense workout to make you leave the class feeling great!	RENANTE
25 Nov 2022	8:30 PM	9:00 PM	30	FRIDAY	FITBIT CORE	OPEN GYM	OPEN GYM	OPEN GYM	
25 Nov 2022	9:00 PM	9:30 PM	30	FRIDAY	FITBIT CORE	HIIT	HIIT	Fit is HIIT! Challenge yourself with a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise.	RENANTE
25 Nov 2022	9:30 PM	10:30 PM	60	FRIDAY	FITBIT CORE	OPEN GYM	OPEN GYM	OPEN GYM	
25 Nov 2022	10:30 PM	11:00 PM	30	FRIDAY	FITBIT CORE	OPEN GYM	OPEN GYM	OPEN GYM	
26 Nov 2022	7:30 AM	8:00 AM	30	SATURDAY	FITBIT CORE	HIIT	SUNRISE HIIT	High intensity interval training sessions workouts.	
26 Nov 2022	9:00 AM	9:30 AM	30	SATURDAY	FITBIT CORE	FITBIT CORE	FITBIT CORE	Afro beats that blast your core, improve overall muscle tone.	REBEL
26 Nov 2022	9:30 AM	10:00 AM	30	SATURDAY	FITBIT CORE	FITBIT CORE	FITBIT CORE	Afro beats that blast your core, improve overall muscle tone.	REBEL
26 Nov 2022	10:30 AM	11:00 AM	30	SATURDAY	FITBIT CORE	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	Functional training attempts to adapt or develop exercises which allow individuals to perform the activities of daily life more easily and without injuries.	RESET FITNESS
26 Nov 2022	7:30 PM	8:00 PM	30	SATURDAY	FITBIT CORE	HIIT	HIIT	High intensity interval training sessions workouts.	LAYLA BY CULTIVATE MIND & BODY
27 Nov 2022	8:00 AM	8:30 AM	30	SUNDAY	FITBIT CORE	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	Functional training attempts to adapt or develop exercises which allow individuals to perform the activities of daily life more easily and without injuries.	F45 TRAINING UMM SUQUEIM
27 Nov 2022	9:00 AM	9:30 AM	30	SUNDAY	FITBIT CORE	HIIT	HIIT	High intensity interval training sessions workouts.	RENANTE
27 Nov 2022	10:00 AM	10:30 AM	30	SUNDAY	FITBIT CORE	STRENGHT	CORE CONDITIONING	Fuctional workout focusing on core strength	RENANTE
27 Nov 2022	11:00 AM	11:30 AM	30	SUNDAY	FITBIT CORE	HIIT	HIIT	High intensity interval training sessions workouts.	PINKY

