

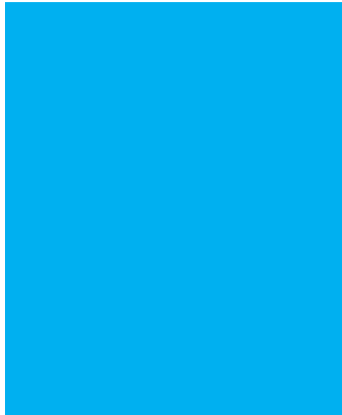


29 OCT - 27 NOV 2022

DP WORLD KITE BEACH FITNESS VILLAGE - WEEK 4

FITBIT REBOUNDER

Start Date	Start time AM / PM	Finish time AM / PM	Duration (mins)	Recurrence	Zone Name	Activity Type	Activity	Activity Description
19 Nov 2022	8:00 AM	8:30 AM	30	SATURDAY	FITBIT REBOUNDER	REBOUND	REBOUNDER	Rebounding can help work the muscles in the legs, increase your endurance, and strengthen your bones, among a number of other benefits.
19 Nov 2022	9:00 AM	9:30 AM	30	SATURDAY	FITBIT REBOUNDER	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.
19 Nov 2022	9:30 AM	10:00 AM	30	SATURDAY	FITBIT REBOUNDER	REBOUND	REBOUNDER	Rebounding can help work the muscles in the legs, increase your endurance, and strengthen your bones, among a number of other benefits.
19 Nov 2022	10:30 AM	11:00 AM	30	SATURDAY	FITBIT REBOUNDER	REBOUND	REBOUNDER	Rebounding can help work the muscles in the legs, increase your endurance, and strengthen your bones, among a number of other benefits.
19 Nov 2022	11:30 AM	12:00 PM	30	SATURDAY	FITBIT REBOUNDER	REBOUND	DANCE ON THE REBOUNDER	Jump on the trampoline as you are moving through the rhythm of the music.
19 Nov 2022	12:30 PM	1:00 PM	30	SATURDAY	FITBIT REBOUNDER	REBOUND	REBOUNDER	Rebounding can help work the muscles in the legs, increase your endurance, and strengthen your bones, among a number of other benefits.
19 Nov 2022	6:00 PM	6:30 PM	30	SATURDAY	FITBIT REBOUNDER	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.
19 Nov 2022	7:30 PM	8:00 PM	30	SATURDAY	FITBIT REBOUNDER	REBOUND	PARTY JUMP	Let's put some groove in your jump class. Dance and party your way to fitness, jamming and jumping with the latest dance music.
19 Nov 2022	8:00 PM	8:30 PM	30	SATURDAY	FITBIT REBOUNDER	REBOUND	DUNESRUN BOUNCE	Great Vibe of fitness dance music on the bounce trampoline
19 Nov 2022	8:30 PM	9:00 PM	30	SATURDAY	FITBIT REBOUNDER	REBOUND	PARTY JUMP	Let's put some groove in your jump class. Dance and party your way to fitness, jamming and jumping with the latest dance music.
19 Nov 2022	9:30 PM	10:00 PM	30	SATURDAY	FITBIT REBOUNDER	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.
19 Nov 2022	10:30 PM	11:00 PM	30	SATURDAY	FITBIT REBOUNDER	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.
20 Nov 2022	8:00 AM	8:30 AM	30	SUNDAY	FITBIT REBOUNDER	REBOUND	REBOUNDER	Rebounding can help work the muscles in the legs, increase your endurance, and strengthen your bones, among a number of other benefits.
20 Nov 2022	9:00 AM	9:30 AM	30	SUNDAY	FITBIT REBOUNDER	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.
20 Nov 2022	10:00 AM	10:30 AM	30	SUNDAY	FITBIT REBOUNDER	REBOUND	REBOUNDER	Rebounding can help work the muscles in the legs, increase your endurance, and strengthen your bones, among a number of other benefits.
20 Nov 2022	11:00 AM	11:30 AM	30	SUNDAY	FITBIT REBOUNDER	REBOUND	DANCE ON THE REBOUNDER	Jump on the trampoline as you are moving through the rhythm of the music.
20 Nov 2022	12:30 PM	1:00 PM	30	SUNDAY	FITBIT REBOUNDER	REBOUND	REBOUNDER	Rebounding can help work the muscles in the legs, increase your endurance, and strengthen your bones, among a number of other benefits.
20 Nov 2022	6:00 PM	6:30 PM	30	SUNDAY	FITBIT REBOUNDER	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.
20 Nov 2022	7:30 PM	8:00 PM	30	SUNDAY	FITBIT REBOUNDER	REBOUND	PARTY JUMP	Let's put some groove in your jump class. Dance and party your way to fitness, jamming and jumping with the latest dance music.
20 Nov 2022	8:00 PM	8:30 PM	30	SUNDAY	FITBIT REBOUNDER	REBOUND	DUNESRUN BOUNCE	Great Vibe of fitness dance music on the bounce trampoline



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20 Nov 2022	8:30 PM	9:00 PM	30	SUNDAY	FITBIT REBOUNDER	REBOUND	PARTY JUMP	Let's put some groove in your jump class. Dance and party your way to fitness, jamming and jumping with the latest dance music.
20 Nov 2022	9:30 PM	10:00 PM	30	SUNDAY	FITBIT REBOUNDER	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.
20 Nov 2022	10:30 PM	11:00 PM	30	SUNDAY	FITBIT REBOUNDER	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.
21 Nov 2022	4:00 PM	4:30 PM	30	MONDAY	FITBIT REBOUNDER	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.
21 Nov 2022	5:30 PM	6:00 PM	30	MONDAY	FITBIT REBOUNDER	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.
21 Nov 2022	6:30 PM	7:00 PM	30	MONDAY	FITBIT REBOUNDER	REBOUND	PARTY JUMP	Let's put some groove in your jump class. Dance and party your way to fitness, jamming and jumping with the latest dance music.
21 Nov 2022	7:30 PM	8:00 PM	30	MONDAY	FITBIT REBOUNDER	REBOUND	PARTY JUMP	Let's put some groove in your jump class. Dance and party your way to fitness, jamming and jumping with the latest dance music.
21 Nov 2022	8:00 PM	8:30 PM	30	MONDAY	FITBIT REBOUNDER	REBOUND	DUNESRUN BOUNCE	Great Vibe of fitness dance music on the bounce trampoline
21 Nov 2022	8:30 PM	9:00 PM	30	MONDAY	FITBIT REBOUNDER	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.
22 Nov 2022	4:00 PM	4:30 PM	30	TUESDAY	FITBIT REBOUNDER	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.
22 Nov 2022	5:30 PM	6:00 PM	30	TUESDAY	FITBIT REBOUNDER	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.
22 Nov 2022	6:30 PM	7:00 PM	30	TUESDAY	FITBIT REBOUNDER	REBOUND	PARTY JUMP	Let's put some groove in your jump class. Dance and party your way to fitness, jamming and jumping with the latest dance music.
22 Nov 2022	7:30 PM	8:00 PM	30	TUESDAY	FITBIT REBOUNDER	REBOUND	PARTY JUMP	Let's put some groove in your jump class. Dance and party your way to fitness, jamming and jumping with the latest dance music.
22 Nov 2022	8:00 PM	8:30 PM	30	TUESDAY	FITBIT REBOUNDER	REBOUND	DUNESRUN BOUNCE	Great Vibe of fitness dance music on the bounce trampoline
22 Nov 2022	8:30 PM	9:00 PM	30	TUESDAY	FITBIT REBOUNDER	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.
23 Nov 2022	5:00 PM	5:30 PM	30	WEDNESDAY	FITBIT REBOUNDER	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.
23 Nov 2022	6:00 PM	7:00 PM	60	WEDNESDAY	FITBIT REBOUNDER	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.
23 Nov 2022	7:30 PM	8:00 PM	30	WEDNESDAY	FITBIT REBOUNDER	REBOUND	PARTY JUMP	Let's put some groove in your jump class. Dance and party your way to fitness, jamming and jumping with the latest dance music.
23 Nov 2022	8:00 PM	8:30 PM	30	WEDNESDAY	FITBIT REBOUNDER	REBOUND	DUNESRUN BOUNCE	Great Vibe of fitness dance music on the bounce trampoline
23 Nov 2022	8:30 PM	9:00 PM	30	WEDNESDAY	FITBIT REBOUNDER	REBOUND	PARTY JUMP	Let's put some groove in your jump class. Dance and party your way to fitness, jamming and jumping with the latest dance music.
23 Nov 2022	9:30 PM	10:00 PM	30	WEDNESDAY	FITBIT REBOUNDER	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.
24 Nov 2022	5:00 PM	5:30 PM	30	THURSDAY	FITBIT REBOUNDER	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.
24 Nov 2022	6:30 PM	7:00 PM	30	THURSDAY	FITBIT REBOUNDER	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.
24 Nov 2022	7:30 PM	8:00 PM	30	THURSDAY	FITBIT REBOUNDER	REBOUND	PARTY JUMP	Let's put some groove in your jump class. Dance and party your way to fitness, jamming and jumping with the latest dance music.
24 Nov 2022	8:00 PM	8:30 PM	30	THURSDAY	FITBIT REBOUNDER	REBOUND	DUNESRUN BOUNCE	Great Vibe of fitness dance music on the bounce trampoline
24 Nov 2022	8:30 PM	9:00 PM	30	THURSDAY	FITBIT REBOUNDER	REBOUND	PARTY JUMP	Let's put some groove in your jump class. Dance and party your way to fitness, jamming and jumping with the latest dance music.

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24 Nov 2022	9:30 PM	10:00 PM	30	THURSDAY	FITBIT REBOUNDER	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.
25 Nov 2022	4:30 PM	5:00 PM	30	FRIDAY	FITBIT REBOUNDER	REBOUND	REBOUNDER	Rebounding can help work the muscles in the legs, increase your endurance, and strengthen your bones, among a number of other benefits.
25 Nov 2022	5:00 PM	5:30 PM	30	FRIDAY	FITBIT REBOUNDER	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.
25 Nov 2022	6:30 PM	7:00 PM	30	FRIDAY	FITBIT REBOUNDER	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.
25 Nov 2022	7:30 PM	8:00 PM	30	FRIDAY	FITBIT REBOUNDER	REBOUND	PARTY JUMP	Let's put some groove in your jump class. Dance and party your way to fitness, jamming and jumping with the latest dance music.
25 Nov 2022	8:00 PM	8:30 PM	30	FRIDAY	FITBIT REBOUNDER	REBOUND	DUNESRUN BOUNCE	Great Vibe of fitness dance music on the bounce trampoline
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26 Nov 2022	8:00 AM	8:30 AM	30	SATURDAY	FITBIT REBOUNDER	REBOUND	REBOUNDER	Rebounding can help work the muscles in the legs, increase your endurance, and strengthen your bones, among a number of other benefits.
26 Nov 2022	9:00 AM	9:30 AM	30	SATURDAY	FITBIT REBOUNDER	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.
26 Nov 2022	10:00 AM	10:30 AM	30	SATURDAY	FITBIT REBOUNDER	REBOUND	REBOUNDER	Rebounding can help work the muscles in the legs, increase your endurance, and strengthen your bones, among a number of other benefits.
26 Nov 2022	11:00 AM	11:30 AM	30	SATURDAY	FITBIT REBOUNDER	REBOUND	DANCE ON THE REBOUNDER	Jump on the trampoline as you are moving through the rhythm of the music.
26 Nov 2022	12:30 PM	1:00 PM	30	SATURDAY	FITBIT REBOUNDER	REBOUND	REBOUNDER	Rebounding can help work the muscles in the legs, increase your endurance, and strengthen your bones, among a number of other benefits.
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