

# TOWN SQUARE



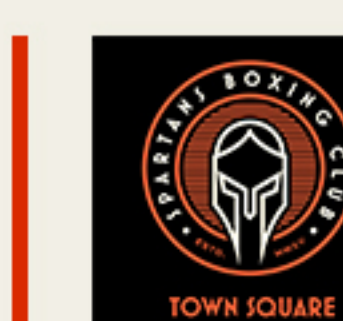
DUBAI FITNESS CHALLENGE

## 30x30 FITNESS CHALLENGE SCHEDULE



Scan Here to Register

### November 2025!



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					<b>01</b> Sculpt Pilates 8:30am-9:30am FIT 369 9:30am-10:30am MMA Family Workout 5:00pm-6:00pm HipHop Cardio 7:00pm-8:00pm	<b>02</b> Traditional Yoga 10am-11am Sunset Yoga 5:30pm-6:30pm
<b>03</b> Attack 10am-11am Yoga 8:00pm-9:00pm	<b>04</b> Combat 10am-11am Basic Boxing 6:15pm - 7:00pm Zumba 8:00pm-9:00pm	<b>05</b> Dance Cardio 10am-11am HIIT 6:00pm-7:00pm Yoga 8:00pm-9:00pm	<b>06</b> Cardio Mix 10am-11am Cardio 7:00pm-8:00pm Zumba 8:00pm-9:00pm	<b>07</b> HIIT 10am-11am Family Yoga 5.30pm-6.30pm (5years and Above) Yoga 8:00pm-9:00pm	<b>08</b> Mat Core Pilates 8:30am-9:30am FIT 369 9:30am-10:30am MMA Family Workout 5:00pm-6:00pm HipHop Cardio 7:00pm-8:00pm	<b>09</b> Family Yoga 5.30pm-6.30pm (5years and Above)
<b>10</b> Attack 10am-11am Yoga 8:00pm-9:00pm	<b>11</b> Combat 10am-11am Basic Boxing 6:15pm - 7:00pm Zumba 8:00pm-9:00pm	<b>12</b> Dance Cardio 10am-11am HIIT 6:00pm-7:00pm Yoga 8:00pm-9:00pm	<b>13</b> Cardio Mix 10am-11am Cardio 7:00pm-8:00pm Zumba 8:00pm-9:00pm	<b>14</b> HIIT 10am-11am 80s Fitness Party 5.00pm - 7.00pm Yoga 8:00pm-9:00pm	<b>15</b> Yoga Flow 8:30am-9:30am FIT 369 9:30am-10:30am MMA Family Workout 5:00pm-6:00pm HipHop Cardio 7:00pm-8:00pm ANTA Hoop Festival 8:00am-8:00pm	<b>16</b> Traditional Yoga 10am-11am Sunset Yoga 5:30pm-6:30pm
<b>17</b> Attack 10am-11am Yoga 8:00pm-9:00pm	<b>18</b> Combat 10am-11am Basic Boxing 6:15pm - 7:00pm Zumba 8:00pm-9:00pm	<b>19</b> Dance Cardio 10am-11am HIIT 6:00pm-7:00pm Yoga 8:00pm-9:00pm	<b>20</b> Cardio Mix 10am-11am Cardio 7:00pm-8:00pm Zumba 8:00pm-9:00pm	<b>21</b> HIIT 10am-11am Yoga 8:00pm-9:00pm	<b>22</b> Sculpt Pilates 8:30am-9:30am FIT 369 9:30am-10:30am MMA Family Workout 5:00pm-6:00pm HipHop Cardio 7:00pm-8:00pm	<b>23</b> Family Yoga 5.30pm-6.30pm (5years and Above)
<b>24</b> Attack 10am-11am Yoga 8:00pm-9:00pm	<b>25</b> Combat 10am-11am Basic Boxing 6:15pm - 7:00pm Zumba 8:00pm-9:00pm	<b>26</b> Dance Cardio 10am-11am HIIT 6:00pm-7:00pm Yoga 8:00pm-9:00pm	<b>27</b> Cardio Mix 10am-11am Cardio 7:00pm-8:00pm Zumba 8:00pm-9:00pm	<b>28</b> HIIT 10am-11am Yoga 8:00pm-9:00pm	<b>29</b> Mat Core Pilates 8:30am-9:30am FIT 369 9:30am-10:30am MMA Family Workout 5:00pm-6:00pm HipHop Cardio 7:00pm-8:00pm	<b>30</b> Mat Core Pilates 5:30pm-6:15pm