



## RTA LAST EXIT AL KHAWANEEJ FITNESS VILLAGE - WEEK 4

# KIDS PLAY

29 OCT - 27 NOV 2022

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	KIDS PLAY	KIDS FITNESS	RUNNING DRILLS	Running drills are dynamic exercises that help to ingrain proper movement patterns into your muscle memory. These movements become automatic and help to improve a number of things including: the strength of your muscles, tendons and joints (like the ankle) needed for powerful and fast running.	HADAD
21 Nov 2022	5:00 PM	5:30 PM	30	MONDAY	KIDS PLAY	KIDS FITNESS	RUNNING DRILLS	Running drills are dynamic exercises that help to ingrain proper movement patterns into your muscle memory. These movements become automatic and help to improve a number of things including: the strength of your muscles, tendons and joints (like the ankle) needed for powerful and fast running.	HADAD
22 Nov 2022	5:00 PM	5:30 PM	30	TUESDAY	KIDS PLAY	KIDS FITNESS	RUNNING DRILLS	Running drills are dynamic exercises that help to ingrain proper movement patterns into your muscle memory. These movements become automatic and help to improve a number of things including: the strength of your muscles, tendons and joints (like the ankle) needed for powerful and fast running.	HADAD
22 Nov 2022	7:30 PM	8:30 PM	60	TUESDAY	KIDS PLAY	KIDS FITNESS	RUNNING ACTIVITIES	Running drills are dynamic exercises that help to ingrain proper movement patterns into your muscle memory. These movements become automatic and help to improve a number of things including: the strength of your muscles, tendons and joints (like the ankle) needed for powerful and fast running.	HADAD
23 Nov 2022	5:00 PM	5:30 PM	30	WEDNESDAY	KIDS PLAY	KIDS FITNESS	RUNNING ACTIVITIES	Running drills are dynamic exercises that help to ingrain proper movement patterns into your muscle memory. These movements become automatic and help to improve a number of things including: the strength of your muscles, tendons and joints (like the ankle) needed for powerful and fast running.	HADAD
24 Nov 2022	5:00 PM	5:30 PM	30	THURSDAY	KIDS PLAY	KIDS FITNESS	RUNNING ACTIVITIES	Running drills are dynamic exercises that help to ingrain proper movement patterns into your muscle memory. These movements become automatic and help to improve a number of things including: the strength of your muscles, tendons and joints (like the ankle) needed for powerful and fast running.	HADAD
25 Nov 2022	5:00 PM	5:30 PM	30	FRIDAY	KIDS PLAY	KIDS FITNESS	RUNNING ACTIVITIES	Running drills are dynamic exercises that help to ingrain proper movement patterns into your muscle memory. These movements become automatic and help to improve a number of things including: the strength of your muscles, tendons and joints (like the ankle) needed for powerful and fast running.	HADAD
26 Nov 2022	6:00 PM	6:30 PM	30	SATURDAY	KIDS PLAY	KIDS FITNESS	RUNNING DRILLS	Running drills are dynamic exercises that help to ingrain proper movement patterns into your muscle memory. These movements become automatic and help to improve a number of things including: the strength of your muscles, tendons and joints (like the ankle) needed for powerful and fast running.	HADAD