



RTA LAST EXIT AL KHAWANEEJ FITNESS VILLAGE - WEEK 4

RTA BASE

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	4:00 PM	4:30 PM	30	SATURDAY	RTA BASE (MAIN STAGE)	HIIT	1REBEL TAKE THE STAGE	Warm up, Sweat hard & Finish strong. RebelS bring your energy and let's turn up the heat with this 30 minute full body HIIT workout.	LAURA
19 Nov 2022	5:00 PM	5:30 PM	30	SATURDAY	RTA BASE (MAIN STAGE)	DANCE	ZUMBA	A fitness programmed that combines Latin and international music with dance moves.	LILICA BY FITNGLAM
19 Nov 2022	6:00 PM	6:30 PM	30	SATURDAY	RTA BASE (MAIN STAGE)	DANCE	BODY JAM	BODYJAM™ is a dance-based workout designed to get you moving fast and working your body.	RANA BY GYMNATION
19 Nov 2022	6:30 PM	7:00 PM	30	SATURDAY	RTA BASE (MAIN STAGE)	POUNDFIT	POUNDFIT	Surrender to our rockstar instructors as they lead a full-body cardio-jam session.	ANJANA KUMAR
19 Nov 2022	7:30 PM	8:00 PM	30	SATURDAY	RTA BASE (MAIN STAGE)	DANCE	ZUMBA	Blast that music and work it out! Zumba is a high intensity workout that will have you breaking a sweat within minutes!	KARAN
19 Nov 2022	8:00 PM	8:30 PM	30	SATURDAY	RTA BASE (MAIN STAGE)	YOGA & WELLNESS	YOGA CORE	Lengthens and releases tightness of muscles, helping feel relieved and restored.	HARRY & NARAYAN BY FITNESS FIRST
19 Nov 2022	8:30 PM	9:00 PM	30	SATURDAY	RTA BASE (MAIN STAGE)	DANCE	ZUMBA	Blast that music and work it out! Zumba is a high intensity workout that will have you breaking a sweat within minutes!	KARAN
19 Nov 2022	10:00 PM	10:30 PM	30	SATURDAY	RTA BASE (MAIN STAGE)	HIIT	HIIT	High-intensity interval training (HIIT) is a form of interval training alternating short periods of intense anaerobic exercise with less intense recovery periods.	TAMREEN FITNESS
19 Nov 2022	11:00 PM	11:30 PM	30	SATURDAY	RTA BASE (MAIN STAGE)	YOGA & WELLNESS	DEEP STRETCHING & MOBILITY	Increase your muscle control, flexibility, and range of motion in our stretching session. Work specific muscles and tendons to improve felt elasticity and muscle tone whilst relieving tension	TAMREEN FITNESS
20 Nov 2022	4:00 PM	4:30 PM	30	SUNDAY	RTA BASE (MAIN STAGE)	HIIT	BOOTCAMP	Bootcamp workouts are high-intensity and have a tone of benefits. Try team or partner-based workouts for serious stamina building!	TAMREEN FITNESS
20 Nov 2022	5:00 PM	5:30 PM	30	SUNDAY	RTA BASE (MAIN STAGE)	CORE WORKOUT	CORE CONDITIONING	Be ready for fluidity in movements with holding sequences to build stronger core.	TAMREEN FITNESS
20 Nov 2022	6:00 PM	6:30 PM	30	SUNDAY	RTA BASE (MAIN STAGE)	DANCE	ZUMBA	Blast that music and work it out! Zumba is a high intensity workout that will have you breaking a sweat within minutes!	KARAN
20 Nov 2022	6:30 PM	7:00 PM	30	SUNDAY	RTA BASE (MAIN STAGE)	CARDIO	BODY ATTACK	high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.	REZY BY GYMNATION
20 Nov 2022	7:30 PM	8:00 PM	30	SUNDAY	RTA BASE (MAIN STAGE)	DANCE	ZUMBA	A fitness programmed that combines Latin and international music with dance moves.	KARAN
20 Nov 2022	8:00 PM	8:30 PM	30	SUNDAY	RTA BASE (MAIN STAGE)	YOGA & WELLNESS	YOGA CORE	Lengthens and releases tightness of muscles, helping feel relieved and restored.	MUNISH & HARRY BY FITNESS FIRST
20 Nov 2022	9:00 PM	9:30 PM	30	SUNDAY	RTA BASE (MAIN STAGE)	HIIT	HIIT	High-intensity interval training (HIIT) is a form of interval training alternating short periods of intense anaerobic exercise with less intense recovery periods.	TAMREEN FITNESS
20 Nov 2022	10:00 PM	10:30 PM	30	SUNDAY	RTA BASE (MAIN STAGE)	YOGA & WELLNESS	DEEP STRETCHING & MOBILITY	Increase your muscle control, flexibility, and range of motion in our stretching session. Work specific muscles and tendons to improve felt elasticity and muscle tone whilst relieving tension	TAMREEN FITNESS
21 Nov 2022	4:00 PM	4:30 PM	30	MONDAY	RTA BASE (MAIN STAGE)	HIIT	BOOTCAMP	Bootcamp workouts are high-intensity and have a tone of benefits. Try team or partner-based workouts for serious stamina building!	TAMREEN FITNESS
21 Nov 2022	5:00 PM	5:30 PM	30	MONDAY	RTA BASE (MAIN STAGE)	DANCE	ZUMBA	A fitness programmed that combines Latin and international music with dance moves.	LAURA BY FITGLAM
21 Nov 2022	6:00 PM	6:30 PM	30	MONDAY	RTA BASE (MAIN STAGE)		GLUTES AND BANDS		LAURA BY FITGLAM
21 Nov 2022	8:00 PM	8:30 PM	30	MONDAY	RTA BASE (MAIN STAGE)	HIIT	HIIT SQUASH	Fit is HIIT! Challenge yourself with a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise.	THE FLYING DAF
21 Nov 2022	9:00 PM	9:30 PM	30	MONDAY	RTA BASE (MAIN STAGE)	HIIT	HIIT WORKOUT	Fit is HIIT! Challenge yourself with a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise.	TAMREEN FITNESS
21 Nov 2022	10:00 PM	10:30 PM	30	MONDAY	RTA BASE (MAIN STAGE)	CORE WORKOUT	CORE CONDITIONING	Be ready for fluidity in movements with holding sequences to build stronger core.	TAMREEN FITNESS
22 Nov 2022	4:00 PM	4:30 PM	30	TUESDAY	RTA BASE (MAIN STAGE)	HIIT	MILITARY BOOTCAMP	A high-intensity workout packed with benefits. Try a team or partner-based workouts for serious stamina building!	TAMREEN FITNESS
22 Nov 2022	5:00 PM	5:30 PM	30	TUESDAY	RTA BASE (MAIN STAGE)	CORE WORKOUT	CORE CONDITIONING	Be ready for fluidity in movements with holding sequences to build stronger core.	TAMREEN FITNESS
22 Nov 2022	6:00 PM	6:30 PM	30	TUESDAY	RTA BASE (MAIN STAGE)	HIIT	HIIT WORKOUT	Fit is HIIT! Challenge yourself with a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise.	TAMREEN FITNESS
22 Nov 2022	8:00 PM	8:30 PM	30	TUESDAY	RTA BASE (MAIN STAGE)	STRENGTH	FULL BODY WORKOUT	A full body workout routine is a strength training program built around training most or all of the entire body during each workout rather than splitting it up into different parts.	TAMREEN FITNESS
22 Nov 2022	9:00 PM	9:30 PM	30	TUESDAY	RTA BASE (MAIN STAGE)	HIIT	HIIT WORKOUT	Fit is HIIT! Challenge yourself with a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise.	TAMREEN FITNESS
22 Nov 2022	10:00 PM	10:30 PM	30	TUESDAY	RTA BASE (MAIN STAGE)	CORE WORKOUT	CORE CONDITIONING	Be ready for fluidity in movements with holding sequences to build stronger core.	TAMREEN FITNESS
23 Nov 2022	4:00 PM	4:30 PM	30	WEDNESDAY	RTA BASE (MAIN STAGE)	HIIT	HIIT WORKOUT	Fit is HIIT! Challenge yourself with a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise.	TAMREEN FITNESS
23 Nov 2022	5:00 PM	5:30 PM	30	WEDNESDAY	RTA BASE (MAIN STAGE)	CORE WORKOUT	CORE CONDITIONING	Be ready for fluidity in movements with holding sequences to build stronger core.	TAMREEN FITNESS
23 Nov 2022	6:00 PM	6:30 PM	30	WEDNESDAY	RTA BASE (MAIN STAGE)	HIIT	BOOTCAMP	Bootcamp workouts are high-intensity and have a tone of benefits. Try team or partner-based workouts for serious stamina building!	LILICA BY FITNGLAM
23 Nov 2022	8:00 PM	8:30 PM	30	WEDNESDAY	RTA BASE (MAIN STAGE)	STRENGTH	FULL BODY WORKOUT	A full body workout routine is a strength training program built around training most or all of the entire body during each workout rather than splitting it up into different parts.	TAMREEN FITNESS
23 Nov 2022	9:00 PM	9:30 PM	30	WEDNESDAY	RTA BASE (MAIN STAGE)	HIIT	HIIT WITH TAMREEN FITNESS		TAMREEN FITNESS
23 Nov 2022	10:00 PM	10:30 PM	30	WEDNESDAY	RTA BASE (MAIN STAGE)	HIIT	CORE CONDITIONING WITH TAMREEN FITNESS		TAMREEN FITNESS
24 Nov 2022	4:00 PM	4:30 PM	30	THURSDAY	RTA BASE (MAIN STAGE)	HIIT	MILITARY BOOTCAMP	A high-intensity workout packed with benefits. Try a team or partner-based workouts for serious stamina building!	TAMREEN FITNESS
24 Nov 2022	5:00 PM	5:30 PM	30	THURSDAY	RTA BASE (MAIN STAGE)	CORE WORKOUT	CORE CONDITIONING	Be ready for fluidity in movements with holding sequences to build stronger core.	TAMREEN FITNESS
24 Nov 2022	6:00 PM	6:30 PM	30	THURSDAY	RTA BASE (MAIN STAGE)	STRENGTH	GLUTES AND BANDS	this class is a toning, strengthening and endurance workout that targets the Core and Glutes.	GRAZIELA BY FITNGLAM
24 Nov 2022	8:00 PM	8:30 PM	30	THURSDAY	RTA BASE (MAIN STAGE)	HIIT	MILITARY BOOTCAMP	A high-intensity workout packed with benefits. Try a team or partner-based workouts for serious stamina building!	TAMREEN FITNESS
24 Nov 2022	9:00 PM	9:30 PM	30	THURSDAY	RTA BASE (MAIN STAGE)	PILATES	MAT PILATES	Core and spine conditioning to help improve postural alignment and flexibility.	AHED BY MATRIX
25 Nov 2022	4:00 PM	4:30 PM	30	FRIDAY	RTA BASE (MAIN STAGE)	STRENGTH	GLUTES AND BANDS	this class is a toning, strengthening and endurance workout that targets the Core and Glutes.	GIANA FITNGLAM
25 Nov 2022	5:00 PM	5:30 PM	30	FRIDAY	RTA BASE (MAIN STAGE)	STRENGTH	FULL BODY WORKOUT	A full body workout routine is a strength training program built around training most or all of the entire body during each workout rather than splitting it up into different parts.	TAMREEN FITNESS
25 Nov 2022	6:00 PM	6:30 PM	30	FRIDAY	RTA BASE (MAIN STAGE)	HIIT	BODY COMBAT	Body combat is an exercise class that lets you punch and kick your way towards your fitness goals. Not only is it a great whole-body workout for cardio fitness, but it's also superb for burning fat, releasing stress and improving your coordination.	AFNAN & GHAITI BY GYMNATION
25 Nov 2022	6:30 PM	7:00 PM	30	FRIDAY	RTA BASE (MAIN STAGE)	DANCE	ZUMBA	Blast that music and work it out! Zumba is a high intensity workout that will have you breaking a sweat within minutes!	KARAN
25 Nov 2022	7:30 PM	8:00 PM	30	FRIDAY	RTA BASE (MAIN STAGE)	YOGA & WELLNESS	YOGA	Yoga session is a full mind and body practice that combine physical postures, breathing techniques, and meditation or relaxation.	KARAN
25 Nov 2022	8:00 PM	8:30 PM	30	FRIDAY	RTA BASE (MAIN STAGE)	YOGA & WELLNESS	YOGA CORE	Lengthens and releases tightness of muscles, helping feel relieved and restored.	MUNISH & GOWRI BY FITNESS FIRST
25 Nov 2022	8:30 PM	9:00 PM	30	FRIDAY	RTA BASE (MAIN STAGE)	DANCE	ZUMBA	Blast that music and work it out! Zumba is a high intensity workout that will have you breaking a sweat within minutes!	KARAN
25 Nov 2022	9:00 PM	9:30 PM	30	FRIDAY	RTA BASE (MAIN STAGE)	HIIT	HIIT	High-intensity interval training (HIIT) is a form of interval training alternating short periods of intense anaerobic exercise with less intense recovery periods.	TAMREEN FITNESS
25 Nov 2022	10:00 PM	10:30 PM	30	FRIDAY	RTA BASE (MAIN STAGE)	HIIT	FULL BODY HIIT	Fit is HIIT! Challenge yourself with a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise.	TAMREEN FITNESS
25 Nov 2022	11:00 PM	11:30 PM	30	FRIDAY	RTA BASE (MAIN STAGE)	YOGA & WELLNESS	DEEP STRETCHING & MOBILITY	Increase your muscle control, flexibility, and range of motion in our stretching session. Work specific muscles and tendons to improve felt elasticity and muscle tone whilst relieving tension	TAMREEN FITNESS
26 Nov 2022	4:00 PM	4:30 PM	30	SATURDAY	RTA BASE (MAIN STAGE)	HIIT	1REBEL TAKE THE STAGE	Warm up, Sweat hard & Finish strong. Rebels bring your energy and let's turn up the heat with this 30 minute full body HIIT workout.	LAURA
26 Nov 2022	5:00 PM	5:30 PM	30	SATURDAY	RTA BASE (MAIN STAGE)	CORE WORKOUT	CORE CONDITIONING	Be ready for fluidity in movements with holding sequences to build stronger core.	TAMREEN FITNESS

26 Nov 2022	6:00 PM	6:30 PM	30	SATURDAY	RTA BASE (MAIN STAGE)	DANCE	BODY JAM	BODYJAM™ is a dance-based workout designed to get you moving fast and working your body.	RANA BY GYMNATION
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26 Nov 2022	7:30 PM	8:00 PM	30	SATURDAY	RTA BASE (MAIN STAGE)	YOGA & WELLNESS	YOGA	Yoga session is a full mind and body practice that combine physical postures, breathing techniques, and meditation or relaxation.	KARAN
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26 Nov 2022	9:00 PM	9:30 PM	30	SATURDAY	RTA BASE (MAIN STAGE)	HIIT	HIIT SQUASH	Fit is HIIT! Challenge yourself with a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise.	THE FLYING DAF
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27 Nov 2022	4:00 PM	4:30 PM	30	SUNDAY	RTA BASE (MAIN STAGE)	HIIT	BOOTCAMP	Bootcamp workouts are high-intensity and have a tone of benefits. Try team or partner-based workouts for serious stamina building!	TAMREEN FITNESS
27 Nov 2022	5:00 PM	5:30 PM	30	SUNDAY	RTA BASE (MAIN STAGE)	MARTIAL ART	TRADITIONAL OKINAWAN GOJU RYU KARATE	Form of self-defense, combat, exercise, and spiritual practice. Karate, Judo, and Aikido are all martial arts	OKINAWAN GOJU RYU KARATE IOGKF UAE
27 Nov 2022	6:30 PM	7:00 PM	30	SUNDAY	RTA BASE (MAIN STAGE)	CARDIO	BODY ATTACK	high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.	REZY BY GYMNATION
27 Nov 2022	7:30 PM	8:00 PM	30	SUNDAY	RTA BASE (MAIN STAGE)	DANCE	ZUMBA	Blast that music and work it out! Zumba is a high intensity workout that will have you breaking a sweat within minutes!	KARAN
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27 Nov 2022	8:00 PM	8:30 PM	30	SUNDAY	RTA BASE (MAIN STAGE)	YOGA & WELLNESS	YOGA	Yoga session is a full mind and body practice that combine physical postures, breathing techniques, and meditation or relaxation.	KARAN
27 Nov 2022	9:00 PM	9:30 PM	30	SUNDAY	RTA BASE (MAIN STAGE)	HIIT	HIIT	High-intensity interval training (HIIT) is a form of interval training alternating short periods of intense anaerobic exercise with less intense recovery periods.	TAMREEN FITNESS
27 Nov 2022	10:00 PM	10:30 PM	30	SUNDAY	RTA BASE (MAIN STAGE)	YOGA & WELLNESS	DEEP STRETCHING & MOBILITY	Increase your muscle control, flexibility, and range of motion in our stretching session. Work specific muscles and tendons to improve felt elasticity and muscle tone whilst relieving tension	TAMREEN FITNESS