

# GROUP EXERCISE TIMETABLE

## October 2019 - March 2020



Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am	Circuit 10x3	30 Yoga Poses	30 Shades of Abbs	Circuit 10x3	30 Shades of Abbs	Circuit 10x3	30 Yoga Poses
9:00am	Fit Force (M)	Hatha Yoga (M)	Core & Upper Cut (M)	Ashtanga Yoga (M)	Total Body Burn (M)	Long Strong Life (M)	
10:00am						Jump & Drill (M)	Total Body Burn (M)
12:00pm	Core Fusion (M)		Jump & Drill	Core & Upper Cut (M)	Core Fusion (M)		
5:00pm	Kettlebell Blast (M)	Core & Upper Cut (M)	Abs Blast (M)			Core Fusion (M)	Fit Force (M)

(L) - Ladies Class, (M) - Mixed Class

Classes are subject to change without prior notice.

DFC heralds a month-long calendar of exciting fitness events and wellness-focused entertainment to keep Dubai up and on its feet. It not only cultivates fitness-focused mindsets but also inspires Dubai's residents to work towards a common goal of maintaining healthier, active lifestyles in the long run

### Ashtanga, Energize Yoga

is a 60-minutes yoga class of variety of styles.

### Jump&Drill

An invigorating and empowering workout incorporating kicks, Punches and combination with athletic.

### Core Fusion

A thirty-minute workout designed to strengthen the core and improve posture.

### Kettlebell Blast

This is action-packed full body class will leave you feeling sweaty and strong ,this class uses compound movements.

### Fit Force

is a 45-minutes TRx,Suspension Training,Ropes, Bells, and High-Intensity Interval Training/Cardio Drills.

### Core&Upper Cut

is a 45-minutes signature class that challenges your whole body.

### Total Body Burn

This strength-based class targets your glamour muscles.the booty,the arms and the abs .with fun music and high-energy.

### Long Strong Life

45-minutes class will incorporate a variety of exercises to improve function strength and balance.

As part of the Dubai 30x30 Challenge, join our daily 30minute exercise sessions from 8am. For more information about Dubai 30x30, visit: [dubaifitnesschallenge.com](http://dubaifitnesschallenge.com)



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