

| 29. FRIDAY | 30. SATURDAY | 31. SUNDAY | 01. MONDAY | 02. TUESDAY | 03. WEDNESDAY | 04. THURSDAY |
|---|---|--|---|--|--|--|
| Fort Island Venue: Madinat Jumeirah Time: 5 - 9 pm | Lower Body Venue: Zabeel Saray Time: 8 - 9 am | Swim - Run - Swim Venue: Zabeel Saray Time: 8 - 9 am | HIIT Training Venue: Zabeel Saray Time: 8 - 9 am | Upper Body Strength Venue: Zabeel Saray Time: 8 - 9 am | Lower Body Strength Venue: Zabeel Saray Time: 8 - 9 am | HIIT Training Venue: Zabeel Saray Time: 8 - 9 am |
| Upper Body Strength Venue: Zabeel Saray Time: 8 - 9 am | Aviation Club Open Day Venue: Creekside | | | | Wild Wadi Time: 4 - 4:30 | |
| Aviation Club Open Day Venue: Creekside | J Club Jumeirah Emirates Towers Open Day Venue: Jumeirah Emirates Towers | | | | | |
| J Club Jumeirah Emirates Towers Open Day Venue: Jumeirah Emirates Towers | | | | | | |
| 05. FRIDAY | 06. SATURDAY | 07. SUNDAY | 08. MONDAY | 09. TUESDAY | 10. WEDNESDAY | 11. THURSDAY |
| Upper Body Strength Venue: Zabeel Saray Time: 8 - 9 am | Lower Body Venue: Zabeel Saray Time: 8 - 9 am | Swim - Run - Swim Venue: Zabeel Saray Time: 8 - 9 am | HIIT Training Venue: Zabeel Saray Time: 8 - 9 am | Upper Body Strength Venue: Zabeel Saray Time: 8 - 9 am | Lower Body Strength Venue: Zabeel Saray Time: 8 - 9 am | HIIT Training Venue: Zabeel Saray Time: 8 - 9 am |
| Aviation Club Open Day Venue: Creekside | Aviation Club Open Day Venue: Creekside | | | Cycling Venue: Jumeirah Beach Hotel Time: 6 - 7 pm | Wild Wadi Time: 4 - 4:30 | |
| J Club Jumeirah Emirates Towers Open Day Venue: Jumeirah Emirates Towers | J Club Jumeirah Emirates Towers Open Day Venue: Jumeirah Emirates Towers | | | | | |
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| 12. FRIDAY | 13. SATURDAY | 14. SUNDAY | 15. MONDAY | 16. TUESDAY | 17. WEDNESDAY | 18. THURSDAY |
| Upper Body Strength Venue: Zabeel Saray Time: 8 - 9 am | Lower Body Venue: Zabeel Saray Time: 8 - 9 am | Swim - Run - Swim Venue: Zabeel Saray Time: 8 - 9 am | HIIT Training Venue: Zabeel Saray Time: 8 - 9 am | Upper Body Strength Venue: Zabeel Saray Time: 8 - 9 am | Lower Body Strength Venue: Zabeel Saray Time: 8 - 9 am | HIIT Training Venue: Zabeel Saray Time: 8 - 9 am |
| Aviation Club Open Day Venue: Creekside | Aviation Club Open Day Venue: Creekside | | | | Wild Wadi Time: 4 - 4:30 | |
| J Club Jumeirah Emirates Towers Open Day Venue: Jumeirah Emirates Towers | | | | | | |
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| 19. FRIDAY | 20. SATURDAY | 21. SUNDAY | 22. MONDAY | 23. TUESDAY | 24. WEDNESDAY | 25. THURSDAY |
| Upper Body Strength Venue: Zabeel Saray Time: 8 - 9 am | Aviation Club Open Day Venue: Creekside | Swim - Run - Swim Venue: Zabeel Saray Time: 8 - 9 am | Swim - Run - Swim HIIT Training Venue: Zabeel Saray Time: 8 - 9 am | Upper Body Strength Venue: Zabeel Saray Time: 8 - 9 am | Lower Body Strength Venue: Zabeel Saray Time: 8 - 9 am | |
| Aviation Club Open Day Venue: Creekside | | | | | Wild Wadi Time: 4 - 4:30 | |
| J Club Jumeirah Emirates Towers Open Day Venue: Jumeirah Emirates Towers | | | | | | |
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| 26. FRIDAY | 27. SATURDAY | | | | | |
| Upper Body Strength Venue: Zabeel Saray Time: 8 - 9 am | Lower Body Venue: Zabeel Saray Time: 8 - 9 am | | | | | |
| Aviation Club Open Day Venue: Creekside | Aviation Club Open Day Venue: Creekside | | | | | |
| J Club Jumeirah Emirates Towers Open Day Venue: Jumeirah Emirates Towers | J Club Jumeirah Emirates Towers Open Day Venue: Jumeirah Emirates Towers | | | | | |

- Zabeel Saray
- Wild Wadi
- J Club Jumeirah Mina Asalam
- J Club Jumeirah Emirates Towers
- Aviation Club Jumeirah Creekside
- J Club Jumeirah Beach Hotel