

CHALLENGE YOUR LIMITS



SCAN
THE
CODE

FOR CLASS
TIMINGS &
LOCATIONS



COME & WORKOUT WITH
US AFTER OFFICE HOURS

DUBAI MEDIA CITY: 31 OCT - 13 NOV
DUBAI STUDIO CITY: 14 NOV - 27 NOV

HOSTED BY



IN PARTNERSHIP WITH



OFFICIAL FITNESS HUBS



CLASS TIMINGS & LOCATIONS



30X30 DUBAI FITNESS CHALLENGE TRAINING SCHEDULE



31 OCT – 6 NOV

LOCATION: DMC AMPHITHEATRE | HOSTED BY STAMINA

DATE	TIMING	WORKOUT
31 OCT	5:30-6:00PM	SPOOKY WORKOUTS
1 NOV	5:30-6:00PM	BALANCE & FLEXIBILITY BOOST
2 NOV	5:30-6:00PM	CROSS FIT TWIST
3 NOV	5:30-6:00PM	CORE SHAPING
4 NOV	5:30-6:00PM	AEROBIC
5 NOV	9:30-10:00AM	UPPER & LOWER BODY STRENGTHENING
6 NOV	5:30-6:00PM	HIT (HIGH INTERVAL TRAINING)

7 NOV – 13 NOV

LOCATION: DMC COURTYARD (BETWEEN BUILDINGS 7 AND 8) | HOSTED BY MY CORE

DATE	TIMING	WORKOUT
7 NOV	5:30-6:15PM	SUNSET YOGA
8 NOV	5:30-6:15PM	SUPER POWERS PILATES
9 NOV	5:30-6:15PM	VINYASA FLOW PILATES
10 NOV	5:30-6:15PM	SUPER POWERS PILATES
11 NOV	5:30-6:15PM	YIN YOGA
12 NOV	9:30-10:15AM	FAMILY YOGA
13 NOV	5:30-6:15PM	SUPER POWERS PILATES



14 NOV – 20 NOV

LOCATION: DSC GRASS AREA BETWEEN BUILDING 1 & 2 | HOSTED BY STAMINA

DATE	TIMING	WORKOUT
14 NOV	5:30-6:00PM	POWER HALF HOUR
15 NOV	5:30-6:00PM	BALANCE & FLEXIBILITY BOOST
16 NOV	5:30-6:00PM	CROSS FIT TWIST
17 NOV	5:30-6:00PM	CORE SHAPING
18 NOV	5:30-6:00PM	AEROBIC
19 NOV	9:30-10:00PM	UPPER & LOWER BODY STRENGTHENING
20 NOV	5:30-6:00PM	HIT (HIGH INTERVAL TRAINING)

21 NOV – 27 NOV

LOCATION: DSC GRASS AREA BETWEEN BUILDING 1 & 2 | HOSTED BY MY CORE

DATE	TIMING	WORKOUT
21 NOV	5:30-6:15PM	SUNSET YOGA
22 NOV	5:30-6:15PM	SUPER POWERS PILATES
23 NOV	5:30-6:15PM	VINYASA FLOW PILATES
24 NOV	5:30-6:15PM	SUPER POWERS PILATES
25 NOV	5:30-6:15PM	YIN YOGA
26 NOV	9:30-10:15AM	FAMILY YOGA
27 NOV	5:30-6:15PM	SUPER POWERS PILATES