

FITNESS CALENDAR

WEEK 3

	Fri, Nov 1	Sat, Nov 2	Sun, Nov 3	Mon, Nov 4	Tue, Nov 5	Wed, Nov 6	Thu, Nov 7
BURJ PLAZA	ALBIN AND MATT TEAM TEACH REBEL DXB 1:00pm-2:00pm	R1DE 6:30pm-7:15pm	TUTU DANCE PARTY 4:00pm-4:20pm PIRATE DANCE PARTY 4:20pm-4:40pm TRIDENT YOGA 7:00pm-8:00pm	TUTU DANCE PARTY 4:00pm-4:20pm PIRATE DANCE PARTY 4:20pm-4:40pm RISE FITNESS ZUMBA 7:00pm-8:00pm	TUTU DANCE PARTY 4:00pm-4:20pm PIRATE DANCE PARTY 4:20pm-4:40pm RISE FITNESS YOGA 7:00pm-8:00pm	TUTU DANCE PARTY 4:00pm-4:20pm PIRATE DANCE PARTY 4:20pm-4:40pm SHADOW BOXING 6:45pm-7:30pm	TRIDENT YOGA 7:00pm-8:00pm
DUBAI OPERA			SOUND HEALING 6:30pm-7:30pm				
SOUTH RIDGE		GAIL & SULLY (COUPLES WORKOUT) REBEL DXB 7:00pm-8:00pm	JAKUB & HANNAH TEAM TEACH REBEL DXB 7:00pm-8:00pm			KIDS FOOTBALL 5:00pm-7:00pm	
SOUK AL BAHAR DECK							XPLOD BURN 6:30am-7:30am
EMAAR SQUARE						BODYWEIGHT 6:45pm-7:30pm	

WEEK 4

	Fri, Nov 8	Sat, Nov 9	Sun, Nov 10	Mon, Nov 11	Tue, Nov 12	Wed, Nov 13	Thu, Nov 14	Fri, Nov 15	Sat, Nov 16
Downtown Eats	DANCE FORWARD 9:00am-10:00am XPLOR DANCE 4:00pm-5:00pm								
Burj Plaza	KIDS FOOTBALL 1:00pm-3:00pm	FUN RUN 8:00am-9:00am	TUTU DANCE PARTY 4:00pm-4:20pm PIRATE DANCE PARTY 4:20pm-4:40pm TRIDENT YOGA 7:00pm-8:00pm	TUTU DANCE PARTY 4:00pm-4:20pm PIRATE DANCE PARTY 4:20pm-4:40pm CHIKKY SIRISH SOUND HEALING MEDITATION 7:00pm-8:00pm	TUTU DANCE PARTY 4:00pm-4:20pm PIRATE DANCE PARTY 4:20pm-4:40pm KIDS FOOTBALL 5:00pm-7:00pm	TUTU DANCE PARTY 4:00pm-4:20pm PIRATE DANCE PARTY 4:20pm-4:40pm SABINE POUND DXB 7:30pm-8:30pm	TRIDENT YOGA 7:00pm-8:00pm	GET FIT CHIK 11:00am-12:00pm	YOGA BY THE BURJ 8:00am-9:00am HIP HOP WITH EWA 6:00pm-6:45pm AFRO BEATS WITH GBEMI 7:00pm-7:45pm
Dubai Opera			SUNRISE FLOW 6:30am-7:30am						
Dubai Opera Garden		STRETCH + INSTRUMENTAL 4:00pm-5:00pm							
South Ridge		KIDS FOOTBALL 1:00pm-3:00pm	ZEE AND CALUM REBEL DXB 7:00pm-8:00pm						
Souk Al Bahar Deck		NEESHA YOGA 8:30am-9:30am							
Emaar square					NEESHA YOGA 8:00pm-9:00pm				

*Schedule is subject to change, for the most updated information download the Switch & Co App.

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