

THE POINTE FITNESS HUB 23RD TO 30TH OCTOBER.

WED 23 rd	THURS 24 th	FRI 25 th	SAT 26 th	SUN 27 th	MON 28 th	TUE 29 th	WED 30 th
8:00 - 9:00 SUP & KAYAK SESSIONS BY TYBT	8:00 - 9:00 SUP & KAYAK SESSIONS BY TYBT	6:30 - 11:00 KING & QUEEN AT THE POINTE BY RACEME	8:00 - 24:00 CIRCUIT TRAINING BY NAKHEEL	8:00 - 9:00 SUP & KAYAK SESSIONS BY TYB	8:00 - 9:00 SUP & KAYAK SESSIONS BY TYB	8:00 - 9:00 SUP & KAYAK SESSIONS BY TYB	8:00 - 9:00 SUP & KAYAK SESSIONS BY TYB
8:00 - 24:00 CIRCUIT TRAINING BY NAKHEEL	8:00 - 24:00 CIRCUIT TRAINING BY NAKHEEL	8:00 - 24:00 CIRCUIT TRAINING BY NAKHEEL	10:00 - 11:30 SUP & KAYAK SESSIONS BY TYB	8:00 - 24:00 CIRCUIT TRAINING BY NAKHEEL	8:00 - 24:00 CIRCUIT TRAINING BY NAKHEEL	8:00 - 24:00 CIRCUIT TRAINING BY NAKHEEL	8:00 - 24:00 CIRCUIT TRAINING BY NAKHEEL
16:00 - 20:30 KIDS GYM BY MY GYM UAE	16:00 - 20:30 KIDS GYM BY MY GYM UAE	16:00 - 17:00 SUP & KAYAK SESSIONS BY TYBT	16:00 - 20:30 KIDS GYM BY MY GYM UAE	16:00 - 20:30 KIDS GYM BY MY GYM UAE	16:00 - 17:00 KIDS PARKOUR BY GRAVITY CALISTHENICS GYM	16:00 - 20:30 KIDS GYM BY MY GYM UAE	16:00 - 20:30 KIDS GYM BY MY GYM UAE
16:15 - 17:00 TUTU DANCE PARTY WITH JUJU PIRATE DANCE PARTY WITH MIMI BY CHEEKY MONKEYS	17:00 - 17:45 NINJA BODY WEIGHT TRAINING PART 1 BY HIITBOX X ADIDAS	16:00 - 20:30 KIDS GYM BY MY GYM UAE	16:15 - 17:15 RPM BY AVIATION CLUB	16:15 - 17:00 TUTU DANCE PARTY WITH JUJU PIRATE DANCE PARTY WITH MIMI BY CHEEKY MONKEYS	16:00 - 20:30 KIDS GYM BY MY GYM UAE	16:15 - 17:00 TUTU DANCE PARTY WITH JUJU PIRATE DANCE PARTY WITH MIMI BY CHEEKY MONKEYS	16:45 - 17:45 BODY ATTACK BY FITNESS FIRST
17:15 - 17:45 SPRINT BY AVIATION CLUB	18:15 - 19:00 NINJA DANCE AND FOOTWORK BY HIITBOX X ADIDAS	17:45 - 20:15 HIITBOX 8 X ADIDAS BOXING BY HIITBOX X ADIDAS	18:00 - 19:00 POUND® BY MASTERJEDAI	17:15 - 17:45 SPRINT BY AVIATION CLUB	16:45 - 17:45 BODYCOMBAT™ BY FITNESS FIRST	18:10 - 19:10 REGGAETON BY DANCE BODY DXB	18:10 - 19:10 RPM BY AVIATION CLUB
18:10 - 19:10 AFRO TRADITIONAL BY MOTO DANCERS	19:45 - 20:30 NINJA BODY WEIGHT HIIT TRAINING BY HIITBOX X ADIDAS		19:30 - 20:30 ZUMBA GLOW #LIGHTITUP PARTY BY MASTERJEDAI	18:10 - 19:10 MATWORK PILATES BY FITNESS FIRST	19:00 - 20:15 GET THE CHAMPION MINDSET BY FARAH KABIR	19:30 - 21:00 ANIMAL FLOW BY YOGA MASTERS DUBAI	19:30 - 20:30 CALISTHENICS BY THE WELLNESS MVMENT (TRIBE X & YOGA MASTERS)
19:30 - 20:15 DANCE HALL BY MOTO DANCERS	20:30 - 21:00 NINJA MOONLIGHT MEDITATION BY HIITBOX X ADIDAS			19:30 - 21:00 VINYASA FLOW BY YOGA MASTERS DUBAI	20:15 - 21:30 YOGA RAVE BY SRI SRI YOGA, ART OF LIVING	21:00 - 21:30 ACTIVE STRETCH & MOBILITY BY YOGA MASTERS DUBAI	20:30 - 21:30 YOGA & ANIMAL FLOW BY THE WELLNESS MVMENT (TRIBE X & YOGA MASTERS)
20:30 - 21:15 AFROBEATS BY MOTO DANCERS				21:00 - 21:30 ACTIVE STRETCH & MOBILITY BY YOGA MASTERS DUBAI			

YOU CAN PARTICIPATE FOR FREE IN ALL ABOVE WORKOUTS.