

DP WORLD KITE BEACH FITNESS VILLAGE

ZONE NAME: MUBADALA HEALTH CORE
WEEK 4: 18 NOVEMBER - 26 NOVEMBER

	START TIME	FINISH TIME	ACTIVITY TYPE	ACTIVITY	PROVIDER
SATURDAY	7:00 AM	7:30 AM	CORE WORKOUT	CORE CONDITIONING	RENANTE
	8:00 AM	8:30 AM	CORE WORKOUT	CORE CONDITIONING	RENANTE
	9:00 AM	10:00 AM	OPEN GYM	OPEN GYM	
	10:00 AM	11:00 AM	PILATES	MAT BASED PILATES	TECHNOGYM
	11:00 AM	12:00 PM	PILATES	MAT BASED PILATES	TECHNOGYM
	12:30 PM	1:00 PM	CORE WORKOUT	CORE CONDITIONING	RENANTE
	2:00 PM	3:00 PM	FULL BODY WORKOUT	RESET FITNESS - SHAPE CLASS	CLAYTON AND LAUREN BY RESET FITNESS
	4:00 PM	4:30 PM	CORE WORKOUT	CORE CONDITIONING	BRYAN
	5:00 PM	5:30 PM	CORE WORKOUT	CORE CONDITIONING	BRYAN
	6:00 PM	6:30 PM	CARDIO WORKOUT	FUNCTIONAL TRAINING	FREDY
	7:00 PM	7:30 PM	CORE WORKOUT	CORE CONDITIONING	RENANTE
	8:00 PM	8:30 PM	CORE WORKOUT	CORE CONDITIONING	RENANTE
	8:30 PM	9:00 PM	CORE WORKOUT	CARDIO CALISTHENICS	ANDREW - FREDERICO
	9:30 PM	10:00 PM	CORE WORKOUT	CORE CONDITIONING	RENANTE
SUNDAY	7:00 AM	8:30 AM	OPEN GYM	OPEN GYM	
	8:30 AM	9:00 AM	CORE WORKOUT	CORE CONDITIONING	BRYAN
	9:30 AM	10:00 AM	CORE WORKOUT	CORE CONDITIONING	BRYAN
	10:00 AM	11:00 AM	OPEN GYM	OPEN GYM	
	11:00 AM	12:00 PM	OPEN GYM	OPEN GYM	
	12:30 PM	1:00 PM	CORE WORKOUT	CORE CONDITIONING	BRYAN
	1:00 PM	2:00 PM	OPEN GYM	OPEN GYM	
	2:00 PM	3:00 PM	OPEN GYM	OPEN GYM	
	3:00 PM	4:00 PM	OPEN GYM	OPEN GYM	
	4:00 PM	5:00 PM	OPEN GYM	OPEN GYM	
	5:00 PM	5:30 PM	LOWER BODY SCULPT	LOWER BODY SCULPT	OS-1 FITNESS STUDIO
	6:00 PM	7:00 PM	HYPERTROPHY TRAINING	HYPERTROPHY	JEREMY
	7:30 PM	8:00 PM	CORE WORKOUT	CORE CONDITIONING	RENANTE
	8:00 PM	9:00 PM	OPEN GYM	OPEN GYM	
	9:00 PM	9:30 PM	CORE WORKOUT	CORE CONDITIONING	RENANTE



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MONDAY	3:00 PM	3:30 PM	CARDIO WORKOUT	FUNCTIONAL TRAINING	BRYAN
	4:00 PM	4:30 PM	FULL BODY WORKOUT	MILITARY BOOTCAMP	BRYAN
	5:00 PM	5:30 PM	CARDIO WORKOUT	FUNCTIONAL TRAINING	RENANTE
	6:30 PM	7:00 PM	CORE WORKOUT	CORE CONDITIONING	RENANTE
	7:30 PM	8:00 PM	FULL BODY WORKOUT	FUNCTIONAL FULL BODY	RENANTE
	8:30 PM	9:00 PM	CARDIO WORKOUT	FUNCTIONAL TRAINING	FREDY
TUESDAY	3:00 PM	3:30 PM	CARDIO WORKOUT	FUNCTIONAL TRAINING	BRYAN
	4:00 PM	4:30 PM	CORE WORKOUT	FUNCTIONAL TRAINING	GIGAFIT GYM DUBAI
	4:30 PM	5:00 PM	CORE WORKOUT	FUNCTIONAL HIIT	GIGAFIT GYM DUBAI
	5:00 PM	5:30 PM	FULL BODY WORKOUT	KETTLEBELL	TRUFUSION DUBAI
	6:00 PM	6:30 PM	CORE WORKOUT	CORE CONDITIONING	BRYAN
	6:30 PM	7:30 PM	OPEN GYM	OPEN GYM	
	7:30 PM	8:30 PM	OPEN GYM	OPEN GYM	
	8:30 PM	9:30 PM	OPEN GYM	OPEN GYM	
WEDNESDAY	3:00 PM	3:30 PM	CARDIO WORKOUT	FUNCTIONAL TRAINING	BRYAN
	4:00 PM	4:30 PM	FULL BODY WORKOUT	MILITARY BOOTCAMP	BRYAN
	5:00 PM	5:30 PM	CARDIO WORKOUT	FUNCTIONAL TRAINING	BRYAN
	7:00 PM	7:30 PM	CORE WORKOUT	CORE CONDITIONING	RENANTE
	8:00 PM	8:30 PM	FULL BODY WORKOUT	FUNCTIONAL FULL BODY	RENANTE
	9:00 PM	9:30 PM	FULL BODY WORKOUT	MILITARY BOOTCAMP	RENANTE
THURSDAY	3:00 PM	3:30 PM	CARDIO WORKOUT	FUNCTIONAL TRAINING	BRYAN
	4:00 PM	4:30 PM	FULL BODY WORKOUT	MILITARY BOOTCAMP	BRYAN
	5:00 PM	5:30 PM	CORE WORKOUT	FUNCTIONAL TRAINING	BRYAN
	6:00 PM	6:30 PM	CORE WORKOUT	CORE CONDITIONING	BRYAN
	6:30 PM	7:00 PM	HIIT	HIIT	TRUFUSION DUBAI
	7:00 PM	8:30 PM	OPEN GYM	OPEN GYM	
	8:30 PM	9:00 PM	FULL BODY WORKOUT	FUNCTIONAL FULL BODY	RENANTE
	9:30 PM	10:00 PM	CORE WORKOUT	CORE CONDITIONING	RENANTE
FRIDAY	3:00 PM	3:30 PM	CORE WORKOUT	F'ABS FRIDAYS	BRYAN
	4:00 PM	4:30 PM	FULL BODY WORKOUT	MILITARY BOOTCAMP	BRYAN
	5:00 PM	5:30 PM	CORE WORKOUT	F'ABS FRIDAYS	RENANTE
	7:30 PM	8:00 PM	CORE WORKOUT	F'ABS FRIDAYS	RENANTE
	8:30 PM	9:00 PM	FULL BODY WORKOUT	MILITARY BOOTCAMP	RENANTE



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	8:30 AM	9:00 AM	CORE WORKOUT	CORE CONDITIONING	RENANTE
	9:00 AM	10:00 AM	OPEN GYM	OPEN GYM	RENANTE
	10:00 AM	11:00 AM	PILATES	MAT BASED PILATES	TECHNOGYM
	11:00 AM	12:00 PM	PILATES	MAT BASED PILATES	TECHNOGYM
	12:30 PM	1:00 PM	CORE WORKOUT	CORE CONDITIONING	RENANTE
	1:30 PM	2:00 PM	CORE WORKOUT	CORE CONDITIONING	RENANTE
	2:30 PM	3:00 PM	CORE WORKOUT	CORE CONDITIONING	RENANTE
	3:30 PM	4:00 PM	CORE WORKOUT	CORE CONDITIONING	BRYAN
	4:30 PM	5:00 PM	CORE WORKOUT	CORE CONDITIONING	BRYAN
	5:30 PM	6:00 PM	CORE WORKOUT	CORE CONDITIONING	BRYAN
	6:30 PM	7:00 PM	CORE WORKOUT	CORE CONDITIONING	RENANTE
	7:30 PM	8:00 PM	CORE WORKOUT	CORE CONDITIONING	RANA AYLO
	8:30 PM	9:00 PM	CORE WORKOUT	CORE CONDITIONING	RANA AYLO
	9:30 PM	10:00 PM	CORE WORKOUT	CORE CONDITIONING	RENANTE
SUNDAY	7:00 AM	8:30 AM	OPEN GYM	OPEN GYM	
	8:30 AM	9:00 AM	CORE WORKOUT	CORE CONDITIONING	BRYAN
	9:30 AM	10:00 AM	CORE WORKOUT	CORE CONDITIONING	BRYAN
	10:00 AM	11:00 AM	OPEN GYM	OPEN GYM	
	11:00 AM	12:00 PM	OPEN GYM	OPEN GYM	
	12:30 PM	1:00 PM	CORE WORKOUT	CORE CONDITIONING	BRYAN
	1:00 PM	2:00 PM	OPEN GYM	OPEN GYM	
	2:00 PM	3:00 PM	OPEN GYM	OPEN GYM	
	3:00 PM	4:00 PM	OPEN GYM	OPEN GYM	
	4:00 PM	5:30 PM	OPEN GYM	OPEN GYM	
	5:30 PM	6:00 PM	CORE WORKOUT	FUNCTIONAL TRAINING	BRYAN
	6:00 PM	7:00 PM	OPEN GYM	OPEN GYM	
	7:00 PM	7:30 PM	CORE WORKOUT	CORE CONDITIONING	RENANTE
	8:00 PM	8:30 PM	CORE WORKOUT	FUNCTIONAL TRAINING	RENANTE
	9:00 PM	9:30 PM	CORE WORKOUT	FUNCTIONAL TRAINING	RENANTE

