DP WORLD KITE BEACH FITNESS VILLAGE

ZONE NAME: MUBADALA HEALTH GYM POWERED BY TECHNOGYM - RESISTANCE

WEEK 4: 18 NOVEMBER - 26 NOVEMBER

7:00 AM	
9:00 AM	
10:00 AM	
11:00 AM	
12:00 PM	M
1:00 PM 2:00 PM OPEN GYM OPEN GYM	
SATURDAY 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 6:00 PM OPEN GYM OPEN GYM 6:00 PM 7:00 PM OPEN GYM OPEN GYM 7:00 PM 8:00 PM OPEN GYM OPEN GYM 8:00 PM 9:00 PM OPEN GYM OPEN GYM 9:00 PM 10:00 PM OPEN GYM OPEN GYM 7:00 AM 8:00 AM OPEN GYM OPEN GYM 7:00 AM 8:00 AM OPEN GYM OPEN GYM 9:00 AM 10:00 AM OPEN GYM OPEN GYM 10:00 AM 11:00 AM HIIT HIIT SIRO	
3:00 PM 4:00 PM OPEN GYM OPEN GYM 4:00 PM 5:00 PM OPEN GYM OPEN GYM 5:00 PM 6:00 PM OPEN GYM OPEN GYM 6:00 PM 7:00 PM OPEN GYM OPEN GYM 7:00 PM 8:00 PM OPEN GYM OPEN GYM 8:00 PM 9:00 PM OPEN GYM OPEN GYM 9:00 PM 10:00 PM OPEN GYM OPEN GYM 7:00 AM 8:00 AM OPEN GYM OPEN GYM 8:00 AM OPEN GYM OPEN GYM 10:00 AM OPEN GYM OPEN GYM 9:00 AM 10:00 AM OPEN GYM OPEN GYM 10:00 AM 11:00 AM OPEN GYM OPEN GYM 10:00 AM 11:00 AM OPEN GYM OPEN GYM	
4:00 PM 5:00 PM OPEN GYM OPEN GYM 5:00 PM 6:00 PM OPEN GYM OPEN GYM 6:00 PM 7:00 PM OPEN GYM OPEN GYM 7:00 PM 8:00 PM OPEN GYM OPEN GYM 8:00 PM 9:00 PM OPEN GYM OPEN GYM 9:00 PM 10:00 PM OPEN GYM OPEN GYM 7:00 AM 8:00 AM OPEN GYM OPEN GYM 8:00 AM 9:00 AM OPEN GYM OPEN GYM 9:00 AM 10:00 AM OPEN GYM OPEN GYM 10:00 AM 11:00 AM HIIT HIIT SIRO	
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6:00 PM 7:00 PM OPEN GYM OPEN GYM 7:00 PM 8:00 PM OPEN GYM OPEN GYM 8:00 PM 9:00 PM OPEN GYM OPEN GYM 9:00 PM 10:00 PM OPEN GYM OPEN GYM 7:00 AM 8:00 AM OPEN GYM OPEN GYM 8:00 AM 9:00 AM OPEN GYM OPEN GYM 9:00 AM 10:00 AM OPEN GYM OPEN GYM 10:00 AM 11:00 AM HIIT HIIT SIRO	
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8:00 PM 9:00 PM OPEN GYM OPEN GYM 9:00 PM 10:00 PM OPEN GYM OPEN GYM 7:00 AM 8:00 AM OPEN GYM OPEN GYM 8:00 AM 9:00 AM OPEN GYM OPEN GYM 9:00 AM 10:00 AM OPEN GYM OPEN GYM 10:00 AM 11:00 AM HIIT HIIT SIRO	
9:00 PM 10:00 PM OPEN GYM OPEN GYM 7:00 AM 8:00 AM OPEN GYM OPEN GYM 8:00 AM 9:00 AM OPEN GYM OPEN GYM 9:00 AM 10:00 AM OPEN GYM OPEN GYM 10:00 AM 11:00 AM HIIT HIIT SIRO	
7:00 AM 8:00 AM OPEN GYM OPEN GYM 8:00 AM 9:00 AM OPEN GYM OPEN GYM 9:00 AM 10:00 AM OPEN GYM OPEN GYM 10:00 AM 11:00 AM HIIT HIIT SIRO	
8:00 AM 9:00 AM OPEN GYM OPEN GYM 9:00 AM 10:00 AM OPEN GYM OPEN GYM 10:00 AM 11:00 AM HIIT HIIT SIRO	
9:00 AM 10:00 AM OPEN GYM OPEN GYM 10:00 AM 11:00 AM HIIT HIIT SIRO	
10:00 AM 11:00 AM HIIT HIIT SIRO	
11:00 AM 12:00 PM HIIT HIIT SIRO	
12:00 PM 1:00 PM OPEN GYM OPEN GYM	
1:00 PM 2:00 PM OPEN GYM OPEN GYM	
SUNDAY 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 6:00 PM OPEN GYM OPEN GYM	
6:00 PM 7:00 PM OPEN GYM OPEN GYM	
7:00 PM 8:00 PM OPEN GYM OPEN GYM	
8:00 PM 9:00 PM OPEN GYM OPEN GYM	
9:00 PM	







DP WORLD KITE BEACH FITNESS VILLAGE

ZONE NAME: MUBADALA HEALTH GYM POWERED BY TECHNOGYM - RESISTANCE

WEEK 4: 18 NOVEMBER - 26 NOVEMBER

	START TIME	FINISH TIME	ACTIVITY TYPE	ACTIVITY	PROVIDER
MONDAY	3:00 PM	4:00 PM	OPEN GYM	OPEN GYM	
	4:00 PM	5:00 PM	OPEN GYM	OPEN GYM	
	5:00 PM	6:00 PM	OPEN GYM	OPEN GYM	
	6:00 PM	7:00 PM	OPEN GYM	OPEN GYM	
	7:30 PM	8:30 PM	ВООТСАМР	SKILL ROW BOOTCAMP	TECHNOGYM
	8:30 PM	9:30 PM	ВООТСАМР	SKILL ROW BOOTCAMP	TECHNOGYM
	3:00 PM	4:00 PM	OPEN GYM	OPEN GYM	
TUESDAY	4:00 PM	5:00 PM	OPEN GYM	OPEN GYM	
	5:00 PM	6:00 PM	OPEN GYM	OPEN GYM	
	6:00 PM	7:00 PM	OPEN GYM	OPEN GYM	
	7:00 PM	8:00 PM	OPEN GYM	OPEN GYM	
	8:00 PM	9:00 PM	OPEN GYM	OPEN GYM	
	9:00 PM	10:00 PM	OPEN GYM	OPEN GYM	
WEDNESDAY	3:00 PM	4:00 PM	OPEN GYM	OPEN GYM	
	4:00 PM	5:00 PM	OPEN GYM	OPEN GYM	
	5:00 PM	6:00 PM	OPEN GYM	OPEN GYM	
	6:00 PM	7:00 PM	OPEN GYM	OPEN GYM	
	7:30 PM	8:30 PM	ВООТСАМР	SKILL ROW BOOTCAMP	TECHNOGYM
	8:30 PM	9:30 PM	ВООТСАМР	SKILL ROW BOOTCAMP	TECHNOGYM
THURSDAY	3:00 PM	4:00 PM	OPEN GYM	OPEN GYM	
	4:00 PM	5:00 PM	OPEN GYM	OPEN GYM	
	5:00 PM	6:00 PM	OPEN GYM	OPEN GYM	
	6:00 PM	7:00 PM	OPEN GYM	OPEN GYM	
	7:00 PM	8:00 PM	OPEN GYM	OPEN GYM	
	8:00 PM	9:00 PM	OPEN GYM	OPEN GYM	
	9:00 PM	10:00 PM	OPEN GYM	OPEN GYM	







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DP WORLD KITE BEACH FITNESS VILLAGE

ZONE NAME: MUBADALA HEALTH GYM POWERED BY TECHNOGYM - RESISTANCE WEEK 4: 18 NOVEMBER - 26 NOVEMBER

WEEK 4:	18 NUVER	1BER - 26	NUVEMBER		
	START TIME	FINISH TIME	ACTIVITY TYPE	ACTIVITY	PROVIDER
FRIDAY	3:00 PM	4:00 PM	OPEN GYM	OPEN GYM	
	4:00 PM	5:00 PM	OPEN GYM	OPEN GYM	
	5:00 PM	6:00 PM	OPEN GYM	OPEN GYM	
	6:00 PM	7:00 PM	OPEN GYM	OPEN GYM	
	7:30 PM	8:30 PM	ВООТСАМР	SKILL ROW BOOTCAMP	TECHNOGYM
	8:30 PM	9:30 PM	ВООТСАМР	SKILL ROW BOOTCAMP	TECHNOGYM
	7:00 AM	8:00 AM	OPEN GYM	OPEN GYM	
	8:00 AM	9:00 AM	OPEN GYM	OPEN GYM	
	9:00 AM	10:00 AM	HIIT	нііт	SIR0
SATURDAY	10:00 AM	11:00 AM	ВООТСАМР	SKILL ROW BOOTCAMP	TECHNOGYM
	11:00 AM	12:00 PM	ВООТСАМР	SKILL ROW BOOTCAMP	TECHNOGYM
	12:00 PM	1:00 PM	OPEN GYM	OPEN GYM	
	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	6:00 PM	OPEN GYM	OPEN GYM	
	6:00 PM	7:00 PM	OPEN GYM	OPEN GYM	
	7:00 PM	8:00 PM	OPEN GYM	OPEN GYM	
	8:00 PM	9:00 PM	OPEN GYM	OPEN GYM	
	9:00 PM	10:00 PM	OPEN GYM	OPEN GYM	
SUNDAY	7:00 AM	8:30 AM	OPEN GYM	OPEN GYM	
	8:30 AM	10:00:00 AM	OPEN GYM	OPEN GYM	
	10:00 AM	11:00 AM	HIIT	НІІТ	SIR0
	11:00 AM	12:00 PM	HIIT	НІІТ	SIR0
	12:00 PM	1:30 PM	OPEN GYM	OPEN GYM	
	1:30 PM	3:00 PM	OPEN GYM	OPEN GYM	
	3:00 PM	4:30 PM	OPEN GYM	OPEN GYM	
	4:30 PM	6:00 PM	OPEN GYM	OPEN GYM	
	6:00 PM	7:30 PM	OPEN GYM	OPEN GYM	
	7:30 PM	9:00 PM	OPEN GYM	OPEN GYM	







:30 x 30