

# 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
SATURDAY	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	HIIT	SIRO
	10:00 AM	11:00 AM	BOOTCAMP	SKILL ROW BOOTCAMP	TECHNOGYM
	11:00 AM	12:00 PM	BOOTCAMP	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	8:00 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
	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	
	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	



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	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	BOOTCAMP	SKILL ROW BOOTCAMP	TECHNOGYM
	8:30 PM	9:30 PM	BOOTCAMP	SKILL ROW BOOTCAMP	TECHNOGYM
TUESDAY	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	
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	BOOTCAMP	SKILL ROW BOOTCAMP	TECHNOGYM
	8:30 PM	9:30 PM	BOOTCAMP	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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	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	BOOTCAMP	SKILL ROW BOOTCAMP	TECHNOGYM
	8:30 PM	9:30 PM	BOOTCAMP	SKILL ROW BOOTCAMP	TECHNOGYM
SATURDAY	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	HIIT	SIRO
	10:00 AM	11:00 AM	BOOTCAMP	SKILL ROW BOOTCAMP	TECHNOGYM
	11:00 AM	12:00 PM	BOOTCAMP	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	HIIT	SIRO
	11:00 AM	12:00 PM	HIIT	HIIT	SIRO
	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	