

# DMCC PARK FITNESS VILLAGE

28 October - 22 November

Weekdays: 07:00 - 21:00

Fridays: 14:00 - 21:00

Saturdays: 12:00 - 21:00

PRESENTING PARTNER



IN ASSOCIATION WITH



26 OCT - 24 NOV 2018

## WHAT TO EXPECT

### TOURNAMENTS & COACHING

- PSSA Basketball Academy
- IFA Football Academy
- DUPLAYS Tournaments
- Mixed Volleyball
- Men's & Women's Football

### SPORTS ZONE

- Football Pitches
- Basketball Courts
- Volleyball Courts
- Just Play School Zone

### FAMILY ZONE

- One-on-one Adults Ninja Warrior
- Kids' Ninja Warrior
- Parkour Course
- Gymnastics Zone
- Trampoline Zone
- Acrobatics Workshops
- Bouldering Zone
- Climbing Wall
- Tranquil Zone
- Les Mills Born to Move
- Disney Fitness workouts

### HEALTH & WELLNESS

- Free health and fitness tests with Mediclinic
- Chill Out and Relaxation Area

## WEEK 4 SCHEDULE

### SUNDAY, 18 NOVEMBER (DAY 24)

MAIN STAGE	COURT 1 FOOTBALL ONLY	COURT 2 MULTI PURPOSE	COURT 3 BASKETBALL ONLY
7:00	Bharat Thakur Artistic Yoga session		
7:30	Bharat Thakur Artistic Yoga session		
13:30	30x30 with Disney		
14:00			
14:30			
15:00			
15:30	30x30 with Disney		
16:00			
16:30			
17:00			
17:30	Body Combat by Tribefit	IFA Football Session	
18:00	Yoga by Arya Yoga		
18:30	Bharat Thakur Artistic Yoga session		
19:00	Bharat Thakur Artistic Yoga session	DMCC Corporate	Slam in Academy by DMCC
19:30	Bharat Thakur Artistic Yoga session		
20:00	Class with Krzysztof Soszynski by UFC Gym		
20:30	Body Combat by Fitness First		

### MONDAY, 19 NOVEMBER (DAY 25)

MAIN STAGE	COURT 1 FOOTBALL ONLY	COURT 2 MULTI PURPOSE	COURT 3 BASKETBALL ONLY
7:00	Bharat Thakur Artistic Yoga session		
7:30	Bharat Thakur Artistic Yoga session		
13:30	30x30 with Disney		
14:00			
14:30			
15:00			
15:30	30x30 with Disney		
16:00			
16:30			
17:00			
17:30	Body Jam by Les Mills	Champions Soccer by DMCC	
18:00	Bharat Thakur Artistic Yoga session		
18:30	Bharat Thakur Artistic Yoga session		
19:00	Capoeira by Associação lagoa azul Capoeira		PSSA Pick Up Games Adults
19:30	Yoga and Meditation by Karma Yoga		
20:00	S'Bam by Fitness First		
20:30	Body Balance by Fitness First		

### TUESDAY, 20 NOVEMBER (DAY 26)

MAIN STAGE	COURT 1 FOOTBALL ONLY	COURT 2 MULTI PURPOSE	COURT 3 BASKETBALL ONLY
7:00	Bharat Thakur Artistic Yoga session		
7:30	Bharat Thakur Artistic Yoga session		
13:30	30x30 with Disney		
14:00			
14:30			
15:00			
15:30	30x30 with Disney		
16:00			
16:30			
17:00			
17:30	Yoga by Arya Yoga	Champions Soccer by DMCC	
18:00	Bharat Thakur Artistic Yoga session		
18:30	Bharat Thakur Artistic Yoga session		
19:00	Yoga and Meditation by Karma Yoga	DMCC Corporate	Slam in Academy by DMCC
19:30	Capoeira by Associação lagoa azul capoeira		
20:00	S'Bam by Fitness First		PSSA Pick Up Games Adults
20:30	Body Balance by Fitness First		

### WEDNESDAY, 21 NOVEMBER (DAY 27)

MAIN STAGE	COURT 1 FOOTBALL ONLY	COURT 2 MULTI PURPOSE	COURT 3 BASKETBALL ONLY
7:00	Bharat Thakur Artistic Yoga session		
7:30	Bharat Thakur Artistic Yoga session		
13:30	30x30 with Disney		
14:00			
14:30			
15:00			
15:30	30x30 with Disney		
16:00	Conditioning by Base 3	Champions Soccer by DMCC	
16:30	Martial Arts by Fittpass		
17:00	Bodyweight by JA Fitness		
17:30	PIYo by Vibe Fitness	DMCC Corporate	Slam in Academy by DMCC
18:00	Bharat Thakur Artistic Yoga session		
18:30	Bharat Thakur Artistic Yoga session	Fitball Soccer Session with Kameron	
19:00	Yoga and Meditation by Karma Yoga		
19:30	Yoga and Meditation by Karma Yoga	Fitball Soccer Session with Kameron	
20:00	Yoga by Arya Yoga		
20:30	Body Attack by Fitness First		

### THURSDAY, 22 NOVEMBER (DAY 28)

MAIN STAGE	COURT 1 FOOTBALL ONLY	COURT 2 MULTI PURPOSE	COURT 3 BASKETBALL ONLY
7:00	Bharat Thakur Artistic Yoga session		
7:30	Bharat Thakur Artistic Yoga session		
13:30	30x30 with Disney		
14:00	Body Combat by Les Mills		
14:30			
15:00			
15:30			
16:00	30x30 with Disney		
16:30	Capoeira by Associação lagoa azul capoeira		
17:00	Hatha Yoga by Purva Kaushal		
17:30	Yoga by Arya Yoga		
18:00	Bharat Thakur Artistic Yoga session		
18:30	Kangoo Jumps By Elena GTMC	Slam in Academy by DMCC	
19:00	Bharat Thakur Artistic Yoga session		
19:30	Yoga and Meditation by Karma Yoga		
20:00	Capoeira by Associação lagoa azul capoeira		
20:30	Tone by Fitness First		
20:30	Body Balance by Fitness First		

### FRIDAY, 23 NOVEMBER (DAY 29)

Closing Carnival  
Burj Park  
14:00 - 22:00

### SATURDAY, 24 NOVEMBER (DAY 30)

Closing Carnival  
Burj Park  
13:00 - 20:00

\*All classes are subject to change without prior notice.

\*\*The Fitness Village is open for public use in between classes and sessions, on a first come first serve basis.

The basketball court, football pitch and multi-purpose court can be booked for use via the DUPLAYS website [https://duplays.com/Dubai-Fitness-Challenge/Dubai\\_Fitness\\_Challenge\\_DMCC\\_Park\\_Fitness\\_Village](https://duplays.com/Dubai-Fitness-Challenge/Dubai_Fitness_Challenge_DMCC_Park_Fitness_Village), for AED19 (refunded upon arrival).

PRESENTING PARTNER

IN ASSOCIATION WITH

STRATEGIC PARTNERS

