

Fitness First UAE Events Schedule



DUBAI

Al Barsha	20th	06:30 PM	Tuff	Gym Floor
	21st	10:00 AM	BodyCombat	Main Studio
	22nd	10:00 AM	Body Pump	Main Studio
Business Bay Dubai	21st	09:00 AM	Challenge your limits (Cycling, Bodeypump, Core, Stretching)	Main Studio
Burjuman Center	21st	04:30 PM	Cycle Mania (-2hour Spin Challenge)	Main Studio
		09:30 AM	Dance to Wellness (Mash-Up w/ Zumba, HipHop & LM Dance)	Main Studio
	22nd	11:15 AM	Holistic Wellbeing: A Short Workshop	Main Studio
		11:30 AM	Yin Yoga: A Focus in Mindfulness & Well-Being	Main Studio
DAMAC Hills Ladies	21st	09:00 AM	Bingo Fitness	Main Studio
		10:00 AM	Mash up	Main Studio
	22nd	06:00 PM	Special Yoga	Main Studio
Deira City Centre		04:30PM	Zumba	Main Studio
	22nd	05:30 PM	Fusion	Main Studio
		06:30 PM	TUFF/ HIIT	Main Studio
Dubai Silicon Oasis	22nd	12:00 PM	Fitness and Wellness Challenge	Gym Floor
DIFC	21st	09:30 AM	Circuit Training vs X45	Gym Floor
Festival City	22nd	10:45 AM	BODYCOMBAT 90 MINUTES	Main Studio
Ibn Battuta Mall	20th	11:30 AM	Rush	Gym floor
Marina Gate Dubai	20th	04:45 PM	Body Balance	Main Studio
		06:30 PM	Yin Yoga	Hot Studio
Meadows Village Dubai		08:30 AM	Tuff vs Combat	Main Studio
	21st	09:30 AM	BBB Circuit	Hot Studio
		10:30 AM	BOX	Box Studio
		11:30 AM	Circuit CORE	Freestyle Area
Mirdif City Centre	21st	06:30 PM	Tuff vs Jump	Main Studio
Motor City	20th	10:30 AM	Body Combat	Main Studio
	21st	11:15 AM	Zumba	Main Studio
	22nd	05:00 PM	Pound Unplugged	Main Studio
Mudon	22nd	09:15 AM	Lift your limits (Power Lifting)	Freestyle Area
		05:00 PM	Yoga FITOMAT	Main Studio
Oasis Centre	20th	06:30 PM	Extreme Cycling (Mixed)	Cycling Studio
Palm Jumeirah	21st	09:15 AM	Grit	Main Studio
		10:15 AM	RPM Extreme	Cycling Studio
Uptown Mirdif Ladies	21st	09:00 AM	Super Circuit	Studio

SHARJAH

Al Fardan Sharjah	21st	07:00 PM	Bootcamp	Gym Floor
Sharjah Sahara Centre	22nd	09:30 AM	Bodycombat 100	Main studio
Zero 6 Sharjah	21st	05:00 PM	Core Hiit	Freestyle area
	22nd	06:30 PM	Bellydance Special	Main studio

ABU DHABI

Abu Dhabi Mall	20th	08:00 PM	Combat vs Attack	Main Studio
Al Seef Village Mall	22nd	10:00 AM	RACE TO 90	Gym floor
Bawabat Mall Ladies	20th	03:00 PM	AMRAP challenge by Fitness team	Gym floor
Dalma Mall	22nd	09:30 AM	Bodycombat vs Body attack	Main Studio
Marina Mall	20th	05:30 PM	Tuff vs. Tabata	Main Studio
Wahat Hili Mall, Al Ain	22nd	05:00 PM	Rush	Gym floor
		06:00 PM	Tabata v/s Step & Tone	Main Studio