

FITNESS HUB

28 October to 26 November

Register Now

In partnership with



GATE AVENUE



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Register for over 50 complimentary energetic workouts

Saturday, October 28

BR X Wellfit:

8am -8:30am

Lift

8:45am-9:15am

Ignite

9:30am-10am

Pilates

Inspire Studio

4pm-4:20pm The Bold Pink Talk

4:30pm-5:30pm Poses For A Purpose

Sunday, October 29	Monday, October 30	Tuesday, October 31	Wednesday, November 1	Thursday, November 2	Friday, November 3	Saturday, November 4
<p>BR X Wellfit 8am-8:30am Breathe</p> <p>8:45am-9:15am Ignite</p> <p>9:30am-10am Fortify</p>	<p>BR X Wellfit 6pm-6:30pm Circuits</p> <p>6:45pm-7:15pm Boxing</p> <p>7:30pm-8pm Pilates</p>	<p>BR X Wellfit 6pm-6:30pm Lift</p> <p>6:45pm-7:15pm Ignite</p> <p>7:30pm-8pm Fortify</p>	<p>BR X Wellfit 6pm-6:30pm Circuits</p> <p>6:45pm-7:15pm Boxing</p> <p>7:30pm-8pm Breathe</p>	<p>BR X Wellfit 6pm-6:30pm Lift</p> <p>6:45pm-7:15pm Ignite</p> <p>7:30pm-8pm Fortify</p>	<p>BR X Wellfit 6pm-6:30pm Circuits</p> <p>6:45pm-7:15pm Boxing</p> <p>7:30pm-8pm Pilates</p>	<p>Inspire Studio 4pm-4:30pm Educational talk on nutrition</p> <p>4:45pm-5:45pm YOGA Under the Gate</p>

Sunday, November 5	Monday, November 6	Tuesday, November 7	Wednesday, November 8	Thursday, November 9	Friday, November 10	Saturday, November 11
<p>Fitness First 6pm Yoga</p>	<p>The Warehouse Gym 6pm Mobility</p> <p>F45 7pm Training</p>	<p>Fitness First 6pm Body Combat</p> <p>BR Performance Studios 6:30pm-7:30pm DIFC Running Club</p>	<p>The Warehouse Gym 6pm Zumba</p>	<p>Fitness First 6pm Dance</p> <p>BR Performance Studios 6:30-7:30pm DIFC Running Club</p> <p>F45 7pm Training</p>		<p>Inspire Studio 4pm-4:30pm Educational talk on Anatomy of Sleep delving</p> <p>4:45pm-5:45pm Parent & Child Yoga</p>

Sunday, November 12	Monday, November 13	Tuesday, November 14	Wednesday, November 15	Thursday, November 16	Friday, November 17	Saturday, November 18
<p>Fitness First 6pm Yoga</p>	<p>The Warehouse Gym 6pm Mobility</p> <p>F45 7pm Training</p>	<p>Fitness First 6pm Body Combat</p> <p>BR Performance Studios 6:30pm-7:30pm DIFC Running Club</p>	<p>The Warehouse Gym 6pm Zumba</p>	<p>Fitness First 6pm Dance</p> <p>BR Performance Studios 6:30pm-7:30pm DIFC Running Club</p> <p>F45 7pm Training</p>		<p>F45 9:30am Training</p> <p>Inspire Studio 4pm-4:30pm Educational Talk on the importance of incorporating move movement in our everyday life</p> <p>4:45pm-5:45pm Zumba Move IT</p>

Sunday, November 19	Monday, November 20	Tuesday, November 21	Wednesday, November 22	Thursday, November 23	Friday, November 24	Saturday, November 25
<p>Fitness First 6pm Yoga</p>	<p>WareHouse Gym 6pm Mobility</p> <p>F45 7pm Training</p>	<p>Fitness First 6pm Body Combat</p> <p>BR Performance Studios 6:30pm-7:30pm DIFC Running Club</p>	<p>The Warehouse Gym 6pm Zumba</p>	<p>Fitness First 6pm Dance</p> <p>BR Performance Studios 6:30pm-7:30pm DIFC Running Club</p> <p>F45 7pm Training</p>		<p>Inspire Studio 4pm-4:30pm Educational talk on Stress management and Meditation Techniques</p> <p>4:45pm-5:45pm Puppy Updog Yoga</p>

Sunday, November 26
<p>Fitness First 6pm Yoga</p>