



Evening		Morning		Participants	Date		Event	Day	م
05:00	01:00	12:00	09:00	Public	2 Nov 2024		School of life Workouts, fun fitness events, and entertainment	Saturday	1
05:00	01:00	12:00	09:00	Public	3 Nov 2024			Sunday	2
08:00	06:00			Public	30 Oct		HIIT Workout	Wednesday	
06:00	04:00			Public	5 Nov 2024		Yoga	Tuesday	3
07:00	04:00			Private	7 Nov 2024	6 Nov 2024	360 Sports	Wednesday	4
08:00	01:00	12:00	09:00	Public	9 Nov 2024		ANTA Hoop Fest – Basketball event Workouts, fun fitness events, and entertainment	Saturday	5
08:00	01:00	12:00	09:00	Public	9 Nov 2024		Ice Bath Energize and Recover like a pro. This session combines the unique benefits of ice baths, saunas, and diaphragmatic breathing for a session that will leave you in an optimal mental and physical state.	Saturday	
		10:00	06:30	Public	10 Nov 2024		DCS run	Sunday	6
11:00	02:00			Public	24 Nov 2024	10 Nov 2024	Basketball Tournament	Sunday <small>Until the end of the challenge</small>	7
11:00	02:00			Public	24 Nov 2024	10 Nov 2024	Volleyball Tournament	Sunday <small>Until the end of the challenge</small>	8
06:00	04:00			Public	12 Nov 2024		Yoga	Tuesday	9



07:00	04:00			Public	16 Nov 2024	Dark run	Saturday	10
07:00	04:00			Women	16 Nov 2024	Fit on click events Oyosho women fitness bootcamp	Saturday	11
06:00	04:00			Public	18 Nov 2024	Yoga	Monday	12
06:00	04:00			Public	22 Nov 2024	Yoga	Friday	13