



واحة دبي للسيليكون  
Dubai Silicon Oasis

# DUBAI SILICON OASIS FITNESS HUB



Main Partner



**Fitness First**

Health & Fitness Partners



SKANDA  
WELLBEING & YOGA CENTER



TRIPLE TRIDENT  
2007 - 2010 - 2014



DANUBE  
YOGA



CHI  
home of chi



MOBILISE  
BY ENIGMA

فقيهه  
مستشفى فقيه الجامعي  
Fakeeh University Hospital

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**MON 4**  
NOV  
5:00 PM - 6:00 PM | Mobilise Bootcamp

**TUE 5**  
NOV  
5:00 PM - 6:00 PM | Mobilise Bootcamp

**WED 6**  
NOV  
4:00 PM - 5:00 PM | Hatha Yoga (ladies only), My PT Studio

**THU 7**  
NOV  
8:00 AM - 9:00 AM | Corporate Yoga, Skanda Yoga

**FRI 8**  
NOV  
4:00 PM - 5:00 PM | Mobilise Bootcamp

**SAT 9**  
NOV

**SUN 10**  
NOV

**MON 11**  
NOV  
4:00 PM - 5:00 PM - Zumba - ladies only, My PT Studio

**TUE 12**  
NOV  
4:00 PM - 5:00 PM - Stress Relief Yoga (Home of Chi)

**WED 13**  
NOV

**THU 14**  
NOV  
5:00 PM - 6:00 PM | Mobilise Bootcamp

**FRI 15**  
NOV  
6:00 - 7:00 PM | Flow Yoga, Home of Chi  
7:00 PM - 8:00 PM | Hatha Yoga, Fitness First

**SAT 16**  
NOV  
**SPECIAL EVENT:**  
6:00 PM - 8:00 PM | **Fitness First TUFF Challenge**



**SUN 17**  
NOV  
4:00 PM - 5:00 PM | Hatha Yoga, My PT Studio  
5:00 PM - 6:00 PM | Body Combat, My PT Studio  
6:00 PM - 7:00 PM | Zumba, MyPT Studio

**MON 18**  
NOV  
6:00 PM - 7:00 PM | Mobilise Bootcamp  
7:00 PM - 8:00 PM | Dance Workout, Fitness First  
8:00 PM - 9:00 PM | Core, Fitness First

**TUE 19**  
NOV  
6:00 PM - 7:00 PM | Hatha Yoga, Skanda Yoga  
7:00 PM - 8:00 PM | Tabata, Fitness First  
8:00 PM - 9:00 PM | Circuit, Fitness First

**WED 20**  
NOV  
6:00 PM - 7:00 PM | Mobilise Bootcamp

**THU 21**  
NOV  
4:00 PM - 5:00 PM | Bollywood Dance ladies only, MyPT Studio  
7:00 PM - 8:00 PM | Flow Yoga, Fitness First

**FRI 22**  
NOV  
5:00 PM - 6:00 PM | Deep Stretch Yoga, Home of Chi  
7:00 PM - 8:00 PM | Hatha Yoga, Fitness First

**SAT 23**  
NOV  
**08:00 AM - 09:00 AM SPECIAL EVENT:**  
Yoga with Anis Sajan, Danube  
6:00 PM - 6:30 PM | Triple Trident Dance



**SUN 24**  
NOV  
4:00 PM - 5:00 PM | Hatha Yoga, My PT Studio  
5:00 PM - 6:00 PM | Zumba, My PT Studio  
6:00 PM - 7:00 PM | Triple Trident Studio dance Performance  
7:00 PM - 8:00 PM | JKS Academy Karate Demonstration

Location: Dubai Digital Park

Location: DSO Headquarters

Main Partner



Fitness First

Health & Fitness Partners



Scan to register for daily activities



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# Daily Fitness Activities

- Body Combat** – A non-contact class featuring a high-energy, mixed martial arts inspired workout. (Organized by Fitness First)
- Bollywood Dance** - A fun and engaging way to get fit, combining cardio, strength training, and flexibility all while learning iconic Bollywood dance routines. (Organized by MyPT Studio)
- Bootcamp** – Intense cardio workout whereby various drills and exercises improve agility, endurance and strength. (Organized by Fitness First)
- Circuit** – A toning & conditioning workout where exercises are arranged in a sequence & performed in a cycle, moving from one station to the other. (Organized by Fitness First)
- Core** - Working the body from shoulders to glutes, and strengthening the abs. (Organized by Fitness First)
- Dance** - Zumba and Afrodance. Move freely to the beat of the music. (Organized by Fitness First)
- Hatha Yoga** - Hatha Yoga is a gentle flow suitable for beginners and advanced yogis. In this class we hold the poses for long enough to create openness and safety in the body and build strength and flexibility. (Organized by Fitness First, My PT Studio and Home of Chi)
- Mobilise Bootcamp** - A fun full body workout using equipment from Mobilise mobile gym trailers. Guaranteed to be fun, challenging and effective and combining components of strength, cardio and core. (Organized by Mobilise)
- Power Yoga** – An active and athletic style of yoga adapted from the traditional Ashtanga System. (Organized by Fitness First)
- Somatic Yoga** - Flow through Somatic movements. This class is a combination of meditation, breathing, gentle yoga poses and somatic techniques to gently tap into the sensations in your body, to create a safe place for your body to release and find healing. (Organized by Fitness First)
- Sound Healing Yoga** - This class is a combination of gentle Vinyasa flow suitable for all, designed to release a proper energy flow within the body while focusing on your breath and connecting to the sensations in the body. (Organized by Home of Chi)
- Tabata** -Workouts that involve several exercises. 8 rounds of exercise with 20 seconds on and 10 seconds rest for 4 minutes. (Organized by Fitness First)
- Vinyasa Yoga** - This class is a combination of yoga movements and vinyasa flow to help you reconnect your mind and body. It is restorative to the body and mind by allowing you to find balance, release tension, and strengthen your muscles. (Organized by Fitness First)
- Zumba** - Zumba is a high-energy dance fitness program that incorporates Latin rhythms and dance moves to create a fun and effective workout. (Organized by MyPT Studio)



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# Special Events



واحة دبي للسيليكون  
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Register for Tuff Challenge

**TUFF Challenge by Fitness First**  
Saturday 16<sup>th</sup> November 2024, 6:00 – 8:00 PM  
Dubai Digital Park, Dubai Silicon Oasis

Age: 16 years and above | Entry Fee: AED 30  
Complimentary T-shirt for the first 300 participants

This unique 90-minute class blends bodyweight and minimal equipment exercises, pushing you to reach the pinnacle of your fitness potential.

Keep your energy high and excuses away and don't miss out on this one-of-a-kind event

**Yoga with Anis Sajan by Danube**

Saturday 23<sup>rd</sup> November 2024, 8:00 – 9:00 AM  
Dubai Digital Park, Dubai Silicon Oasis

Age: 16 years and above | Entry Fee: Free

This unique event is dedicated to fostering health, wellness, and mindfulness. Open to all fitness levels, the session will guide participants through a one-hour blend of asanas and pranayamas, enhancing flexibility, relaxation, and mental clarity.

The first 100 attendees will receive a special goodie hamper featuring a yoga mat, face towel, two bottles of water, a jersey, and refreshments to ensure a comfortable and refreshing experience.

Come be a part of this empowering morning, where community spirit and a commitment to wellness come together. Embrace the opportunity to connect, recharge, and support Dubai's vision for a fitter, healthier lifestyle.



Register for Yoga with Anis Sajan

