

KITE BEACH FITNESS VILLAGE

28 October - 22 November

Daily 07:00 - 18:00



WHAT TO EXPECT

WATER SPORTS

- DFC Kayak Club
- DFC SUP Club

BEACH SPORTS

- Beach Games
- Beach Soccer
- Beach Volleyball

NATIONAL OBSTACLE COURSE

- 2km course with 12 obstacles for ages 5 and up
- Weekdays: 14:30 - 16:00, 16:30 - 18:00
- Fridays and Saturdays: 08:30 - 18:00

HEALTH & WELLNESS

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

WEEK 2 SCHEDULE

SUNDAY, 4 NOVEMBER (DAY 8)

| TIME | MAIN STAGE | WATER SPORTS | BEACH SPORTS |
|-------|---|--------------|---------------------|
| 7:00 | Bharat Thakur Artistic Yoga session | | |
| 7:30 | Bharat Thakur Artistic Yoga session | | |
| 8:00 | Stand Up Paddle Boarding Class | | |
| 8:30 | Stand Up Paddle Boarding Class | | |
| 9:00 | Stand Up Paddle Boarding Class | | |
| 9:30 | IFA Football Gallery | | |
| 10:00 | IFA Football Gallery | | |
| 10:30 | IFA Football Gallery | | |
| 11:00 | IFA Football Gallery | | |
| 14:00 | Dubai Ladies Club Zumba with Rita Fitaoos | | Kayak Group Session |
| 14:30 | Dubai Ladies Club Zumba with Rita Fitaoos | | Kayak Group Session |
| 15:00 | Multiversal Yoga for Rejuvenation & Youth by Ruslan Khamzin | | |
| 15:30 | Multiversal Yoga for Rejuvenation & Youth by Ruslan Khamzin | | |
| 16:00 | Split Session Run Club and HIIT by Reform Athletica | | |
| 16:30 | Split Session Run Club and HIIT by Reform Athletica | | |
| 17:00 | Bharat Thakur Artistic Yoga session | | |
| 17:30 | Bharat Thakur Artistic Yoga session | | |

MONDAY, 5 NOVEMBER (DAY 9)

| TIME | MAIN STAGE | WATER SPORTS | BEACH SPORTS |
|-------|-------------------------------------|---------------------|-------------------------------------|
| 7:00 | Bharat Thakur Artistic Yoga session | | |
| 7:30 | Bharat Thakur Artistic Yoga session | | |
| 8:00 | Stand Up Paddle Boarding Class | | |
| 8:30 | Stand Up Paddle Boarding Class | | |
| 9:00 | Stand Up Paddle Boarding Class | | |
| 9:30 | IFA Football Gallery | | |
| 10:00 | IFA Football Gallery | | |
| 10:30 | IFA Football Gallery | | |
| 11:00 | IFA Football Gallery | | |
| 14:00 | Sri Sri Yoga by Ashram Yoga | Kayak Group Session | Fitball Soccer Session with Kameron |
| 14:30 | Sri Sri Yoga by Ashram Yoga | Kayak Group Session | Fitball Soccer Session with Kameron |
| 15:00 | Clinical Yoga by Ashram Yoga | | Fitball Soccer Session with Kameron |
| 15:30 | Clinical Yoga by Ashram Yoga | | Fitball Soccer Session with Kameron |
| 16:00 | Naya Yoga with Juana Bastos | | Fitball Soccer Session with Kameron |
| 16:30 | Naya Yoga with Juana Bastos | | Fitball Soccer Session with Kameron |
| 17:00 | Bharat Thakur Artistic Yoga session | | Fitball Soccer Session with Kameron |
| 17:30 | Bharat Thakur Artistic Yoga session | | Fitball Soccer Session with Kameron |

TUESDAY, 6 NOVEMBER (DAY 10)

| TIME | MAIN STAGE | WATER SPORTS | BEACH SPORTS |
|-------|--|--------------|---------------------|
| 7:00 | Bharat Thakur Artistic Yoga session | | |
| 7:30 | Bharat Thakur Artistic Yoga session | | |
| 8:00 | Stand Up Paddle Boarding Class | | |
| 8:30 | Stand Up Paddle Boarding Class | | |
| 9:00 | Stand Up Paddle Boarding Class | | |
| 9:30 | IFA Football Gallery | | |
| 10:00 | IFA Football Gallery | | |
| 10:30 | IFA Football Gallery | | |
| 11:00 | IFA Football Gallery | | |
| 14:00 | Dubai Ladies Club: Zumba with Rita Fitaoos | | Kayak Group Session |
| 14:30 | Dubai Ladies Club: Zumba with Rita Fitaoos | | Kayak Group Session |
| 15:00 | 30x30 with Disney | | |
| 15:30 | 30x30 with Disney | | |
| 16:00 | Dubai Ladies Club: Yoga with Khadija | | |
| 16:30 | Dubai Ladies Club: Yoga with Khadija | | |
| 17:00 | Hatha Flow with Liisi | | |
| 17:30 | Hatha Flow with Liisi | | |

WEDNESDAY, 7 NOVEMBER (DAY 11)

| TIME | MAIN STAGE | WATER SPORTS | BEACH SPORTS |
|-------|---|--------------|---------------------|
| 7:00 | Bharat Thakur Artistic Yoga session | | |
| 7:30 | Bharat Thakur Artistic Yoga session | | |
| 8:00 | Stand Up Paddle Boarding Class | | |
| 8:30 | Stand Up Paddle Boarding Class | | |
| 9:00 | Stand Up Paddle Boarding Class | | |
| 9:30 | IFA Football Gallery | | |
| 10:00 | IFA Football Gallery | | |
| 10:30 | IFA Football Gallery | | |
| 11:00 | IFA Football Gallery | | |
| 14:00 | 30x30 with Disney | | Kayak Group Session |
| 14:30 | 30x30 with Disney | | Kayak Group Session |
| 15:00 | Body Shape Dance by Torry - Ladies only | | |
| 15:30 | Body Shape Dance by Torry - Ladies only | | |
| 16:00 | Body Language: Beach Bootcamp | | |
| 16:30 | Body Language: Beach Bootcamp | | |
| 17:00 | Bharat Thakur Artistic Yoga session | | |
| 17:30 | Bharat Thakur Artistic Yoga session | | |

THURSDAY, 8 NOVEMBER (DAY 12)

| TIME | MAIN STAGE | WATER SPORTS | BEACH SPORTS |
|-------|---------------------------------------|--------------|---------------------|
| 7:00 | Bharat Thakur Artistic Yoga session | | |
| 7:30 | Bharat Thakur Artistic Yoga session | | |
| 8:00 | Stand Up Paddle Boarding Class | | |
| 8:30 | Stand Up Paddle Boarding Class | | |
| 9:00 | Stand Up Paddle Boarding Class | | |
| 9:30 | IFA Football Gallery | | |
| 10:00 | IFA Football Gallery | | |
| 10:30 | IFA Football Gallery | | |
| 11:00 | IFA Football Gallery | | |
| 14:00 | Bootcamp with Natalie | | Kayak Group Session |
| 14:30 | Bootcamp with Natalie | | Kayak Group Session |
| 15:00 | Functional Fitness Class with Natalie | | |
| 15:30 | Functional Fitness Class with Natalie | | |
| 16:00 | Beach HIIT with Jevily Florida | | |
| 16:30 | Beach HIIT with Jevily Florida | | |
| 17:00 | Bharat Thakur Artistic Yoga session | | |
| 17:30 | Bharat Thakur Artistic Yoga session | | |

FRIDAY, 9 NOVEMBER (DAY 13)

| TIME | MAIN STAGE | WATER SPORTS | BEACH SPORTS |
|-------|-------------------------------------|---------------------|-------------------------------------|
| 7:00 | HIIT Body Weight with Simon Peppers | | |
| 7:30 | HIIT Body Weight with Simon Peppers | | |
| 8:00 | MX4 by Johnson Fitness | | |
| 8:30 | MX4 by Johnson Fitness | | |
| 9:00 | Stand Up Paddleboarding Class | | |
| 9:30 | Stand Up Paddleboarding Class | | |
| 10:00 | Stand Up Paddleboarding Class | | |
| 10:30 | Stand Up Paddleboarding Class | | |
| 11:00 | SHOMA - ARN Beach Volleyball | | |
| 11:30 | Hatha Yoga by Argia Yoga Center | Speedo Swim Squads | SHOMA - ARN Beach Volleyball |
| NOON | Ashtanga Yoga by Argia Yoga Center | | |
| 12:30 | Ashtanga Yoga by Argia Yoga Center | | |
| 13:00 | 30x30 with Disney | | |
| 13:30 | 30x30 with Disney | | |
| 14:00 | HIIT with Faddy Asaad | | |
| 14:30 | HIIT with Faddy Asaad | | |
| 15:00 | Hatha Yoga with Faddy Asaad | Kayak Group Session | Fitball Soccer Session with Kameron |
| 15:30 | Hatha Yoga with Faddy Asaad | Kayak Group Session | Fitball Soccer Session with Kameron |
| 16:00 | NRG Beach Bootcamp | | |
| 16:30 | NRG Beach Bootcamp | | |
| 17:00 | Dance workout by Marija Nolic | Speedo Swim Squads | IFA Beach Football |
| 17:30 | Dance workout by Marija Nolic | Speedo Swim Squads | IFA Beach Football |

SATURDAY, 10 NOVEMBER (DAY 14)

| TIME | MAIN STAGE | WATER SPORTS | BEACH SPORTS |
|-------|---|---------------------------|---------------------|
| 7:00 | Bharat Thakur Artistic Yoga session | | |
| 7:30 | Bharat Thakur Artistic Yoga session | | |
| 8:00 | Therapy Yoga by Rumana Rab | | |
| 8:30 | Therapy Yoga by Rumana Rab | | |
| 9:00 | Hip Hop Cardio DXB with Rudolf | DFC in the water sessions | IFA Beach Football |
| 9:30 | Hip Hop Cardio DXB with Rudolf | DFC in the water sessions | IFA Beach Football |
| 10:00 | Body Balance with Max & Aegle | | |
| 10:30 | Body Balance with Max & Aegle | | |
| 11:00 | Reebok Training | | |
| 11:30 | Reebok Training | | |
| NOON | MX4 by Johnson Fitness | | |
| 12:30 | MX4 by Johnson Fitness | | |
| 13:00 | Optimum Nutrition: HIIT Core with Lilly Sabri | | |
| 13:30 | Optimum Nutrition: HIIT Core with Lilly Sabri | | |
| 14:00 | NRG Beach Bootcamp | | Kayak Group Session |
| 14:30 | NRG Beach Bootcamp | | Kayak Group Session |
| 15:00 | HIIT Workout by Marija Nolic | | |
| 15:30 | HIIT Workout by Marija Nolic | | |
| 16:00 | Bharat Thakur Artistic Yoga session | | |
| 16:30 | Bharat Thakur Artistic Yoga session | | |
| 17:00 | Hatha Flow with Liisi | | IFA Beach Football |
| 17:30 | Hatha Flow with Liisi | | IFA Beach Football |

*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 beach soccer and volleyball courts and cricket pitch can be booked for use via the DUPLAYS website, <https://duplays.com/Dubai-Fitness-Challenge/dubai-fitness-challenge-kite-beach> for AED19 (refunded upon arrival).