

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

DFC 30-Day Calendar

03 NOV

Class: Bootcamp
Venue: Swissotel Al Ghurair (5th floor - Hotel pool)
Time: 6:30 PM
Duration: 30 - 45 minutes

04 NOV

Class: Stretching
Venue: Swissotel Living Al Ghurair (4th floor - Studio)
Time: 7 PM
Duration: 30 - 45 minutes

05 NOV

Class: Circuit training
Venue: Swissotel Al Ghurair (5th floor - Hotel pool)
Time: 6:30 PM
Duration: 30 - 45 minutes

06 NOV

Class: HIIT
Venue: Swissotel Al Ghurair (5th floor - Hotel pool)
Time: 6:30 PM
Duration: 30 - 45 minutes

07 NOV

Class: Dance class/Zumba
Venue: Swissotel Al Ghurair (5th floor - Hotel pool)
Time: 6:30 PM
Duration: 30 - 45 minutes

08 NOV

Class: Pop dance
Venue: Swissotel Living Al Ghurair (4th floor - Studio)
Time: 3 PM
Duration: 30 - 45 minutes

09 NOV

Class: Stretching
Venue: Swissotel Living Al Ghurair (4th floor - Studio)
Time: 3 PM
Duration: 30 - 45 minutes

10 NOV

Class: Bootcamp
Venue: Swissotel Al Ghurair (5th floor - Hotel pool)
Time: 6:30 PM
Duration: 30 - 45 minutes

11 NOV

Class: Stretching
Venue: Swissotel Living Al Ghurair (4th floor - Studio)
Time: 7 PM
Duration: 30 - 45 minutes

12 NOV

Class: Circuit training
Venue: Swissotel Al Ghurair (5th floor - Hotel pool)
Time: 6:30 PM
Duration: 30 - 45 minutes

13 NOV

Class: HIIT
Venue: Swissotel Al Ghurair (5th floor - Hotel pool)
Time: 6:30 PM
Duration: 30 - 45 minutes

14 NOV

Class: Dance class/Zumba
Venue: Swissotel Al Ghurair (5th floor - Hotel pool)
Time: 6:30 PM
Duration: 30 - 45 minutes

15 NOV

Class: Pop dance
Venue: Swissotel Living Al Ghurair (4th floor - Studio)
Time: 3 PM
Duration: 30 - 45 minutes

16 NOV

Class: Stretching
Venue: Swissotel Living Al Ghurair (4th floor - Studio)
Time: 3 PM
Duration: 30 - 45 minutes

17 NOV

Class: Bootcamp
Venue: Swissotel Al Ghurair (5th floor - Hotel pool)
Time: 6:30 PM
Duration: 30 - 45 minutes

18 NOV

Class: Stretching
Venue: Swissotel Living Al Ghurair (4th floor - Studio)
Time: 7 PM
Duration: 30 - 45 minutes

19 NOV

Class: Circuit training
Venue: Swissotel Al Ghurair (5th floor - Hotel pool)
Time: 6:30 PM
Duration: 30 - 45 minutes

20 NOV

Class: HIIT
Venue: Swissotel Al Ghurair (5th floor - Hotel pool)
Time: 6:30 PM
Duration: 30 - 45 minutes

21 NOV

Class: Dance class/Zumba
Venue: Swissotel Al Ghurair (5th floor - Hotel pool)
Time: 6:30 PM
Duration: 30 - 45 minutes

22 NOV

Class: Pop dance
Venue: Swissotel Living Al Ghurair (4th floor - Studio)
Time: 3 PM
Duration: 30 - 45 minutes

23 NOV

Class: Stretching
Venue: Swissotel Living Al Ghurair (4th floor - Studio)
Time: 3 PM
Duration: 30 - 45 minutes

24 NOV

Class: Bootcamp
Venue: Swissotel Al Ghurair (5th floor - Hotel pool)
Time: 6:30 PM
Duration: 30 - 45 minutes

25 NOV

Class: Stretching
Venue: Swissotel Living Al Ghurair (4th floor - Studio)
Time: 7 PM
Duration: 30 - 45 minutes

26 NOV

Class: Circuit training
Venue: Swissotel Al Ghurair (5th floor - Hotel pool)
Time: 6:30 PM
Duration: 30 - 45 minutes

27 NOV

Class: HIIT
Venue: Swissotel Al Ghurair (5th floor - Hotel pool)
Time: 6:30 PM
Duration: 30 - 45 minutes

28 NOV

Class: Dance class/Zumba
Venue: Swissotel Al Ghurair (5th floor - Hotel pool)
Time: 6:30 PM
Duration: 30 - 45 minutes

29 NOV

Class: Pop dance
Venue: Swissotel Living Al Ghurair (4th floor - Studio)
Time: 3 PM
Duration: 30 - 45 minutes

30 NOV

Class: Stretching
Venue: Swissotel Living Al Ghurair (4th floor - Studio)
Time: 3 PM
Duration: 30 - 45 minutes