



شرطة دبي  
DUBAI POLICE

INVITES YOU TO JOIN

# DUBAI FITNESS CHALLENGE

His Highness Sheikh Hamdan bin Mohammed bin Rashid Al Maktoum,  
Dubai Crown Prince and Chairman of the Executive Council of Dubai invites  
everyone to adopt a healthy lifestyle and spend 30 minutes of Fitness for 30 days.

Free Group Fitness Classes with wide variety of programs  
with International Expert Trainers hosted by the Dubai Police.

## DATE

November 14th to 28th, 2020

## TIME

5:00 PM – 8:00 PM

*Please refer to the schedule below.*

## LOCATION

Dubai Police Officers Club Stadium Sheikh Rashid Road,  
Al Jaddaf, Dubai, United Arab Emirates

## CATEGORY

People of All Ages are Welcomed!

## FREE GROUP CLASSES:

- Cardio Mix
- Body Combat
- Circuit Training
- Yoga
- Pilates
- CrossFit
- Tai Chi
- Zumba
- Bollywood Blast
- Zumba
- Booth Camp Navy Seal
- And more other classes

Please contact us at  
+971 43 151 170





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# DUBAI POLICE OFFICERS CLUB FITNESS HUB SCHEDULE

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Booth Camp</b> (Navy DXB/ Dubai Police) Time: 5pm-6pm Class For: Male, Female, Kids <b>31</b> OCT	<b>1</b> NOV	<b>Booth Camp</b> (Navy DXB/ Dubai Police) Time: 7pm-8pm Class For: Male, Female, Kids <b>2</b> NOV	<b>3</b> NOV	<b>Booth Camp</b> (Navy DXB/ Dubai Police) Time: 7pm-8pm Class For: Male, Female, Kids <b>4</b> NOV	<b>5</b> NOV	<b>Booth Camp</b> (Navy DXB/ Dubai Police) Time: 7pm-8pm Class For: Male, Female, Kids <b>6</b> NOV
<b>Booth Camp</b> (Navy DXB/ Dubai Police) Time: 5pm-6pm Class For: Male, Female, Kids <b>7</b> NOV	<b>8</b> NOV	<b>Booth Camp</b> (Navy DXB/ Dubai Police) Time: 7pm-8pm Class For: Male, Female, Kids <b>9</b> NOV	<b>10</b> NOV	<b>Booth Camp</b> (Navy DXB/ Dubai Police) Time: 7pm-8pm Class For: Male, Female, Kids <b>11</b> NOV	<b>12</b> NOV	<b>13</b> NOV
<b>Booth Camp</b> (Navy DXB/ Dubai Police) Time: 5pm-6pm Class For: Male, Female, Kids <b>14</b> NOV	<b>Cardio Mix</b> Time: 5.30pm-6pm Class For: Male, Female, Kids <b>Yoga</b> Time: 6pm-6.30pm Class For: Male, Female, Kids <b>15</b> NOV	<b>TAI-CHI</b> Time: 5.30pm-6pm Class For: Male, Female, Kids <b>Pilates</b> Time: 6pm-6.30pm Class For: Male, Female, Kids <b>Booth Camp</b> (Navy DXB/ Dubai Police) Time: 7pm-8pm Class For: Male, Female, Kids <b>16</b> NOV	<b>Cross Fit</b> Time: 5.30pm-6pm Class For: Male, Female, Kids <b>Yoga</b> Time: 6pm-6.30pm Class For: Male, Female, Kids <b>17</b> NOV	<b>Body Combat</b> Time: 5.30pm-6pm Class For: Male, Female, Kids <b>Yoga</b> Time: 6pm-6.30pm Class For: Male, Female, Kids <b>Navy Seal</b> Time: 7pm-8pm Class For: Male, Female, Kids <b>18</b> NOV	<b>Circuit Training</b> Time: 5.30pm-6pm Class For: Male, Female, Kids <b>Yoga</b> Time: 6pm-6.30pm Class For: Male, Female, Kids <b>19</b> NOV	<b>ZUMBA</b> Time: 5.30pm-6pm Class For: Male, Female, Kids <b>Yoga</b> Time: 6pm-6.30pm Class For: Male, Female, Kids <b>20</b> NOV
<b>Booth Camp</b> (Navy DXB/ Dubai Police) Time: 5pm-6pm Class For: Male, Female, Kids <b>Yoga</b> Time: 6pm-6.30pm Class For: Male, Female, Kids <b>21</b> NOV	<b>Grit</b> Time: 5.30pm-6pm Class For: Male, Female, Kids <b>Yoga</b> Time: 6pm-6.30pm Class For: Male, Female, Kids <b>22</b> NOV	<b>Bollywood Blast</b> Time: 5.30pm-6pm Class For: Male, Female, Kids <b>Yoga</b> Time: 6pm-6.30pm Class For: Male, Female, Kids <b>Booth Camp</b> (Navy DXB/ Dubai Police) Time: 7pm-8pm Class For: Male, Female, Kids <b>23</b> NOV	<b>24</b> NOV	<b>Booth Camp</b> (Navy DXB/ Dubai Police) Time: 7pm-8pm Class For: Male, Female, Kids <b>25</b> NOV	<b>26</b> NOV	<b>27</b> NOV
<b>Booth Camp</b> (Navy DXB/ Dubai Police) Time: 5pm-6pm Class For: Male, Female, Kids <b>28</b> NOV	<b>29</b> NOV	<b>30</b> NOV				

BE A PART OF THE FREE  
CLASSES BY CERTIFIED  
AND THE BEST TEACHERS

