



20 OCT - 18 NOV 2017



OPENING WEEKEND CARNIVAL

SAFA PARK

FRIDAY 20th OCTOBER 2017

DAY ONE HIGHLIGHTS

TIME	PROGRAMME	TIME	PROGRAMME
13:00	Site Open	17:00	Football Freestylers show (Main Stage)
13:30	Body Combat by Les Mills (Main Stage)	17:15	Sharmila Dance (Main Stage)
14:20	Yoga Flex by Gold's Gym (Main Stage)	18:00	James Everton (Main Stage)
15:00	La Perle Slackline Show (Main Stage zone)	18:10	Gold's Gym Kids Fitness (Main Stage)
15:00	Kris Fade presents X-Dubai Stunt (Main Stage)	18:40	NRG Xylobands Boxing (Main Stage)
16:00	Global Mala Yoga (Yoga Zone)	20:10	Bollywood Dance (Main Stage)
16:00	Rob 'The Killer' Edmond, Star of TV's Biggest Loser (Main Stage)	20:40	Rob 'The Killer' Edmond, Star of TV's Biggest Loser (Main Stage)
16:30	Personal Appearance: Rio Ferdinand – Ex England Footballer	21:00	Close of event

SPORTS ACTIVITY SCHEDULES

TIME	PROGRAMME	TIME	PROGRAMME
BASKETBALL		TOUCH RUGBY	
13:00 - 14:30	3 on 3 Adults (Corporate Competition)	13:00 - 14:00	Warmup, Briefing, Drills, Mini Match play - Adults
14:30 - 15:30	Children's Skills workshop	14:00 - 15:00	Game – Half Pitch
15:30 - 16:30	Three Pointer Challenge - Adults (Corporate Competition)	15:00 - 16:00	Warmup, Briefing, Drills, Mini Match play - Children
16:30 - 17:30	3 on 3 - Adults	16:00 - 17:00	6 Aside Challenge (Schools Competition)
17:30 - 19:00	3 on 3 - (Schools)	17:00 - 18:00	Game – Half Pitch
19:00 - 19:30	3 on 3 - Adults	18:00 - 19:00	Warmup, Briefing, Drills, Mini Match play
19:30 - 20:00	Children's Skills workshop	19:00 - 19:30	Game – Half Pitch
20:00 - 21:00	Three Pointer Challenge – Adults	19:30 - 20:00	Warmup, Briefing, Drills, Mini Match play
FOOTBALL (ADULTS)		20:00 - 21:00	6 Aside Challenge (Friendly Match – Individuals)
13:00 - 14:30	Adults Skills Workshop (Warm ups, Passing /Receiving)	FOOTBALL (CHILDREN)	
14:30 - 15:30	Adults Skills Workshop (Warm ups, Shooting / Defending)	13:00 - 13:30	Children's Skills Workshop (Warm ups, Shooting / Defending)
15:30 - 16:00	The Penalty Shootout	13:30 - 14:00	Children's Skills Workshop (Warm ups, Passing /Receiving)
16:00 - 17:30	5 Aside Short Sided Football (Corporate Competition)	14:00 - 15:30	5 Aside Short Sided Football (School Competition)
17:30 - 18:00	The Ball Control Parkour Challenge	15:30 - 16:00	The Penalty Shootout
18:00 - 18:30	The Free kick Specialty	16:00 - 17:30	The Ball Control Parkour Challenge
18:30 - 19:00	Dribbling Slalom Challenge	17:30 - 19:00	3 on 3 - (Schools)
19:00 - 19:30	The Free kick Specialty	19:00 - 19:30	Dribbling Slalom Challenge
19:30 - 20:00	The Ball Control Parkour Challenge	19:30 - 20:00	Children's Skills workshop
20:00 - 20:30	5 Aside Short Sided Football (Individuals)	20:00 - 21:00	The Ball Control Parkour Challenge
20:30 - 21:00	Dribbling Slalom Challenge	MEFITPRO AREA (TRAINING & FITNESS SECTION)	
CRICKET		13:00 - 13:30	TRX STRONG
13:00 - 14:00	Warm-up games, Bowling skills and drills, fielding skills and drills	13:30 - 14:00	Functional Training Challenges
14:00 - 15:00	Batting drills and skills fielding skills and drills	14:00 - 14:30	TRX FIT
15:00 - 16:00	Warm-up game, Bowling skills and drills, fielding skills and drills	14:30 - 15:00	Functional Training Challenges
16:00 - 17:00	Bowling and batting skills and drills, match simulation drills	15:00 - 15:30	HBX Boxing
17:00 - 18:00	Friendly Match (Individuals)	15:30 - 16:00	Functional Training Challenges
18:00 - 19:00	Bowling skills and drills, fielding skills and drills	16:00 - 17:00	Corporate Challenge (a mix of strength, endurance & speed test. pull up & sprint contest)
19:00 - 19:30	Friendly Match (Individuals)	17:00 - 17:30	TRX STRONG
19:30 - 20:00	Warm-up games, Bowling skills and drills, fielding skills and drills	17:30 - 18:00	Functional Training Challenges
20:00 - 21:00	Bowling and batting skills and drills, match simulation drills	18:00 - 18:30	Tug of War – Corporate Challenge
VOLLEYBALL		18:30 - 19:00	Functional Training Challenges
13:00 - 14:00	Warm up, Volleyball Overhead pass / Set, Stretching	19:00 - 19:30	HBX Fusion
14:00 - 15:00	Warm up, Volleyball - Bump Pass, Stretching	19:30 - 20:00	Functional Training Challenges
15:00 - 16:00	Warm up, Volleyball elements, Stretching	20:00 - 20:30	TRX STRONG
16:00 - 17:00	Warm up, Game, Stretching	20:30 - 21:00	Functional Training Challenges
17:00 - 18:00	Warm up, Volleyball elements (Defense), Stretching	EMIRATES AMERICAN FOOTBALL	
18:00 - 19:00	Warm up, Real game situation drills, Stretching	13:00 - 20:00	Quarter-back Challenge
19:00 - 20:00	Warm up, Volleyball elements (Service / Reception), Stretching	13:00 - 20:00	Receiver Challenge
20:00 - 21:00	Friendly Game (Individuals)	13:00 - 20:00	Football Equipment try on

ALL DAY ACTIVITIES

Mobile Fitness Facilities, Parkour, Bmx And Skateboarding Area, Climbing Wall, Ninja Warrior Assault Course, Bubble Soccer, Trampolines, Children's Inflatables, Table Tennis, Born To Move By Les Mills, Horse Hoppers And Inflatable Assault Course



20 OCT - 18 NOV 2017

OPENING WEEKEND CARNIVAL

SAFA PARK

SATURDAY 21st OCTOBER 2017

DAY TWO HIGHLIGHTS

TIME	PROGRAMME	TIME	PROGRAMME
13:00	Site Open	16:00	Fun & Fit with Rob 'The Killer' Edmond, Star of TV's The Biggest Loser (Main Stage)
13:15	Super Fast Fat Loss - Rob 'The Killer' Edmond, Star of TV's The Biggest Loser (Main Stage)	16:45	Emirates Football League Cheerleading Show (Main Stage)
14:00	Body Combat (Main Stage)	17:15	Gold's Gym present Zumba Fusion (Main Stage)
14:30	Gold's Gym Kids Fitness (Main Stage)	18:00	Football Freestylers show (Main Stage)
15:00	La Perle Slackline Show (Main Stage Zone)	18:30	Personal Appearance: Rio Ferdinand – Ex England Footballer
15:30	Big Rossi (Main Stage)	19:00	Close of Event
15:45	Sheikha Al Qassmi, Red Bull Athlete (Main Stage)		

SPORTS ACTIVITY SCHEDULES

TIME	PROGRAMME	TIME	PROGRAMME
BASKETBALL		TOUCH RUGBY	
13:00 - 14:30	3 on 3 Adults (Corporate Competition)	13:00 - 14:00	Warmup, Briefing, Drills, Mini Match play - Adults
14:30 - 15:30	Children's Skills workshop	14:00 - 15:00	Game – Half Pitch
15:30 - 16:30	Three Pointer Challenge - Adults (Corporate Competition)	15:00 - 16:00	Warmup, Briefing, Drills, Mini Match play - Children
16:30 - 17:30	3 on 3 - Adults	16:00 - 17:00	6 Aside Challenge (Schools Competition)
17:30 - 19:00	3 on 3 - (Schools)	17:00 - 18:00	Game – Half Pitch
19:00 - 19:30	3 on 3 - Adults	18:00 - 19:00	Warmup, Briefing, Drills, Mini Match play
FOOTBALL (ADULTS)		FOOTBALL (CHILDREN)	
13:00 - 14:30	Adults Skills Workshop (Warm ups, Passing /Receiving)	13:00 - 13:30	Children's Skills Workshop (Warm ups, Shooting / Defending)
14:30 - 15:30	Adults Skills Workshop (Warm ups, Shooting / Defending)	13:30 - 14:00	Children's Skills Workshop (Warm ups, Passing /Receiving)
15:30 - 16:00	The Penalty Shootout	14:00 - 15:30	5 Aside Short Sided Football (School Competition)
16:00 - 17:30	5 Aside Short Sided Football (Corporate Competition)	15:30 - 16:00	The Penalty Shootout
17:30 - 18:00	The Ball Control Parkour Challenge	16:00 - 17:30	The Ball Control Parkour Challenge
18:00 - 18:30	The Free kick Specialty	17:30 - 19:00	3 on 3 - (Schools)
18:30 - 19:00	Dribbling Slalom Challenge	MEFITPRO AREA (TRAINING & FITNESS SECTION)	
CRICKET		13:00 - 13:30	TRX STRONG
13:00 - 14:00	Warm-up games, Bowling skills and drills, fielding skills and drills	13:30 - 14:00	Functional Training Challenges
14:00 - 15:00	Batting drills and skills fielding skills and drills	14:00 - 14:30	TRX FIT
15:00 - 16:00	Warm-up game, Bowling skills and drills, fielding skills and drills	14:30 - 15:00	Functional Training Challenges
16:00 - 17:00	Bowling and batting skills and drills, match simulation drills	15:00 - 15:30	HBX Boxing
17:00 - 18:00	Friendly Match (Individuals)	15:30 - 16:00	Functional Training Challenges
18:00 - 19:00	Bowling skills and drills, fielding skills and drills	16:00 - 17:00	Corporate Challenge (a mix of strength, endurance & speed test, pull up & sprint contest)
VOLLEYBALL		17:00 - 17:30	TRX STRONG
13:00 - 14:00	Warm up, Volleyball Overhead pass / Set, Stretching	17:30 - 18:00	Functional Training Challenges
14:00 - 15:00	Warm up, Volleyball - Bump Pass, Stretching	18:00 - 18:30	Tug of War – Corporate Challenge
15:00 - 16:00	Warm up, Volleyball elements, Stretching	18:30 - 19:00	Functional Training Challenges
16:00 - 17:00	Warm up, Game, Stretching		
17:00 - 18:00	Warm up, Volleyball elements (Defense), Stretching		
18:00 - 19:00	Warm up, Real game situation drills, Stretching		
EMIRATES AMERICAN FOOTBALL			
13:00 - 20:00	Quarter-back Challenge		
13:00 - 20:00	Receiver Challenge		
13:00 - 20:00	Football Equipment try on		

ALL DAY ACTIVITIES

Mobile Fitness Facilities, Parkour, Bmx And Skateboarding Area, Climbing Wall, Ninja Warrior Assault Course, Bubble Soccer, Trampolines, Children's Inflatables, Table Tennis, Born To Move By Les Mills, Horse Hoppers And Inflatable Assault Course