



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





شرطة دبي
DUBAI POLICE

DUBAI POLICE OFFICERS CLUB FITNESS HUB SCHEDULE

SATURDAY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Booth Camp
(Navy DXB/
Dubai Police)
Time: 5pm-6pm
Class For:
Male,
Female, Kids **31**
OCT

1
NOV

Booth Camp
(Navy DXB/
Dubai Police)
Time: 7pm-8pm
Class For:
Male,
Female, Kids **2**
NOV

3
NOV

Booth Camp
(Navy DXB/
Dubai Police)
Time: 7pm-8pm
Class For:
Male,
Female, Kids **4**
NOV

5
NOV

Booth Camp
(Navy DXB/
Dubai Police)
Time: 7pm-8pm
Class For:
Male,
Female, Kids **6**
NOV

Booth Camp
(Navy DXB/
Dubai Police)
Time: 5pm-6pm
Class For:
Male,
Female, Kids **7**
NOV

8
NOV

Booth Camp
(Navy DXB/
Dubai Police)
Time: 7pm-8pm
Class For:
Male,
Female, Kids **9**
NOV

10
NOV

Booth Camp
(Navy DXB/
Dubai Police)
Time: 7pm-8pm
Class For:
Male,
Female, Kids **11**
NOV

12
NOV

13
NOV

Booth Camp
(Navy DXB/
Dubai Police)
Time: 5pm-6pm
Class For:
Male,
Female, Kids **14**
NOV

Cardio Mix
Time: 5.30pm-6pm
Class For:
Male, Female, Kids
Yoga
Time: 6pm-6.30pm
Class For:
Male, Female, Kids **15**
NOV

TAI-CHI
Time: 5.30pm-6pm
Class For:
Male, Female, Kids
Pilates
Time: 6pm-6.30pm
Class For:
Male, Female, Kids
Booth Camp
(Navy DXB/
Dubai Police)
Time: 7pm-8pm
Class For:
Male, Female, Kids **16**
NOV

Cross Fit
Time: 5.30pm-6pm
Class For:
Male, Female, Kids
Yoga
Time: 6pm-6.30pm
Class For:
Male, Female, Kids **17**
NOV

Body Combat
Time: 5.30pm-6pm
Class For:
Male, Female, Kids
Yoga
Time: 6pm-6.30pm
Class For:
Male, Female, Kids
Navy Seal
Time: 7pm-8pm
Class For:
Male, Female, Kids **18**
NOV

Circuit Training
Time: 5.30pm-6pm
Class For:
Male, Female, Kids
Yoga
Time: 6pm-6.30pm
Class For:
Male, Female, Kids **19**
NOV

ZUMBA
Time: 5.30pm-6pm
Class For:
Male, Female, Kids
Yoga
Time: 6pm-6.30pm
Class For:
Male, Female, Kids **20**
NOV

Booth Camp
(Navy DXB/
Dubai Police)
Time: 5pm-6pm
Class For:
Male, Female, Kids
Yoga
Time: 6pm-6.30pm
Class For:
Male, Female, Kids **21**
NOV

Grit
Time: 5.30pm-6pm
Class For:
Male, Female, Kids
Yoga
Time: 6pm-6.30pm
Class For:
Male, Female, Kids **22**
NOV

Bollywood Blast
Time: 5.30pm-6pm
Class For:
Male, Female, Kids
Yoga
Time: 6pm-6.30pm
Class For:
Male, Female, Kids
Booth Camp
(Navy DXB/
Dubai Police)
Time: 7pm-8pm
Class For:
Male, Female, Kids **23**
NOV

24
NOV

Booth Camp
(Navy DXB/
Dubai Police)
Time: 7pm-8pm
Class For:
Male,
Female, Kids **25**
NOV

26
NOV

27
NOV

Booth Camp
(Navy DXB/
Dubai Police)
Time: 5pm-6pm
Class For:
Male,
Female, Kids **28**
NOV

29
NOV

30
NOV

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

