



TAKE THE CHALLENGE



30 MINUTES FOR 30 DAYS

#Dubai30x30 #passionforsport #dia

Join us in helping Dubai become the most active city in the world with The Dubai Fitness Challenge, a city initiative of His Highness Sheikh Hamdan Bin Mohammed Bin Rashid Al Maktoum, Crown Prince of Dubai and Chairman of the Executive Council for Dubai Government. Take on the Dubai Fitness Challenge and commit to 30 minutes of daily activity for 30 days from 20 October – 18 November 2017.

Secondary School

22 Oct 2017	Activity/Event	Venue	Time	Teacher/s (List names below - there can be more than one teacher on each activity)
Sunday	Aerobic Master Class	Presentation Hall	6:55am-7:25am	Fiona & Sarah
	Open Gym	Gym	6:55am-7:25am	Beata
	Table Tennis	Table Tennis Area	6:55am-7:25am	LJ Chavez
23 Oct 2017	Activity/Event	Venue	Time	Teacher/s (List names below - there can be more than one teacher on each activity)
Monday	Open Gym	Gym	6:55am-7:25am	Richard
	Table Tennis	Table Tennis Area	6:55am-7:25am	Ciaran
	Jogging/Walking	Field	6:55am-7:25am	Pratibha
24 Oct 2017	Activity/Event	Venue	Time	Teacher/s (List names below - there can be more than one teacher on each activity)
Tuesday	Open Gym	Gym	6:55am-7:25am	Mihail & Colin
	Table Tennis	Table Tennis Area	6:55am-7:25am	Karen
	Jogging/Walking	Field	6:55am-7:25am	Ashling
25 Oct 2017	Activity/Event	Venue	Time	Teacher/s (List names below - there can be more than one teacher on each activity)
Wednesday	Open Gym	Gym	6:55am-7:25am	Ciaran
	Table Tennis	Table Tennis Area	6:55am-7:25am	Marc
	Jogging/Walking	Field	6:55am-7:25am	Barbara T
26 Oct 2017	Activity/Event	Venue	Time	Teacher/s (List names below - there can be more than one teacher on each activity)
Thursday	Open Gym	Gym	6:55am-7:25am	Mihail
	Table Tennis	Table Tennis Area	6:55am-7:25am	LJ Chavez
	Jogging/Walking	Field	6:55am-7:25am	Susan O'Brien
29 Oct 2017	Activity/Event	Venue	Time	Teacher/s (List names below - there can be more than one teacher on each activity)
Sunday	Volleyball	PE hall	6:55am-7:25am	Vikas
	Open Gym	Gym	6:55am-7:25am	Mihail
	Jogging/Walking	Field	6:55am-7:25am	Ciaran
30 Oct 2017	Activity/Event	Venue	Time	Teacher/s (List names below - there can be more than one teacher on each activity)
Monday	Yoga	Presentation Hall	6:55am-7:25am	Marie-Louise
	Open Gym	Gym	6:55am-7:25am	Richard
	Jogging/Walking	Field	6:55am-7:25am	Mihail
31 Oct 2017	Activity/Event	Venue	Time	Teacher/s (List names below - there can be more than one teacher on each activity)
Tuesday	Open Gym	Gym	6:55am-7:25am	Beata
	Table Tennis	Table Tennis Area	6:55am-7:25am	Liza Dippenaar
	Jogging/Walking	Field	6:55am-7:25am	Ashling
1 Nov 2017	Activity/Event	Venue	Time	Teacher/s (List names below - there can be more than one teacher on each activity)
Wednesday	Open Gym	Gym	6:55am-7:25am	Michelle
	Circuit Class	PE Hall	6:55am-7:25am	Sarah and Maeve
	Jogging/Walking	Field	6:55am-7:25am	Ciaran
2 Nov 2017	Activity/Event	Venue	Time	Teacher/s (List names below - there can be more than one teacher on each activity)
Thursday	Midterm	Midterm	Midterm	
	Midterm	Midterm	Midterm	
	Midterm	Midterm	Midterm	
5 Nov 2017	Activity/Event	Venue	Time	Teacher/s (List names below - there can be more than one teacher on each activity)
Sunday	PTC	PTC	PTC	
	PTC	PTC	PTC	
	PTC	PTC	PTC	
6 Nov 2017	Activity/Event	Venue	Time	Teacher/s (List names below - there can be more than one teacher on each activity)
Monday	Aerobic Master Class	PE Hall	6:55am-7:25am	Fiona & Sarah
	Table Tennis	Table Tennis Area	6:55am-7:25am	Richard
	Volleyball	PE Hall	6:55am-7:25am	Mihail / LJ Chavez
7 Nov 2017	Activity/Event	Venue	Time	Teacher/s (List names below - there can be more than one teacher on each activity)
Tuesday	Yoga	Presentation Hall	6:55am-7:25am	Annalicia
	Table Tennis	Table Tennis Area	6:55am-7:25am	Ciaran
	Jogging/Walking	Field	6:55am-7:25am	Ashling

8 Nov 2017	Activity/Event	Venue	Time	Teacher/s (List names below - there can be more than one teacher on each activity)
Wednesday	Open Gym	Gym	6:55am-7:25am	Ciaran
	Table Tennis	Table Tennis Area	6:55am-7:25am	Marc
	Jogging/Walking	Field	6:55am-7:25am	Sarah and Maeve
9 Nov 2017	Activity/Event	Venue	Time	Teacher/s (List names below - there can be more than one teacher on each activity)
Thursday	Open Gym	Gym	6:55am-7:25am	Mihail
	Table Tennis	Table Tennis Area	6:55am-7:25am	Hitesh
	Volleyball	PE Hall	6:55am-7:25am	vikas
12 Nov 2017	Activity/Event	Venue	Time	Teacher/s (List names below - there can be more than one teacher on each activity)
Sunday	Yoga	Presentation Hall	6:55am-7:25am	Annalicia
	Table Tennis	Table Tennis Area	6:55am-7:25am	Liza Dippenaar
	Jogging/Walking	Field	6:55am-7:25am	Paul
13 Nov 2017	Activity/Event	Venue	Time	Teacher/s (List names below - there can be more than one teacher on each activity)
Monday	HIIT workout	Presentation Hall	6:55am-7:25am	Annalicia
	Table Tennis	Table Tennis Area	6:55am-7:25am	Richard
	Jogging/Walking	Field	6:55am-7:25am	Paul
14 Nov 2017	Activity/Event	Venue	Time	Teacher/s (List names below - there can be more than one teacher on each activity)
Tuesday	HIIT workout	Presentation Hall	6:55am-7:25am	Annalicia
	Table Tennis	Table Tennis Area	6:55am-7:25am	Ciaran
	Jogging/Walking	Field	6:55am-7:25am	Ashling
15 Nov 2017	Activity/Event	Venue	Time	Teacher/s (List names below - there can be more than one teacher on each activity)
Wednesday	Open Gym	Gym	6:55am-7:25am	Mihail
	Table Tennis	Table Tennis Area	6:55am-7:25am	Ciaran
	Volleyball	PE Hall	6:55am-7:25am	Mihail
16 Nov 2017	Activity/Event	Venue	Time	Teacher/s (List names below - there can be more than one teacher on each activity)
Thursday	Open Gym	Gym	6:55am-7:25am	Beata
	Table Tennis	Table Tennis Area	6:55am-7:25am	Hitesh
	Volleyball	PE Hall	6:55am-7:25am	Mihail