

THE
DUBAI MALL

FITNESS CLASSES AT

THE

DUBAI
MALL



REGISTRATION IS OPEN TO ALL AND PARTICIPATION IS FREE

The ultimate shopping destination now covers your fitness needs as well. Held every week in and around The Dubai Mall, come explore our wide range of complimentary fitness classes, including everything from yoga to Body Pump and much more.

MALL WALK | YOGA | BODY BALANCE | ZUMBA | BODY ATTACK | PILATES
BODY JAM | DANCEFIT ARABIA | KIDS ZUMBA | BODY COMBAT | PILATES | CORE
KIDS BORN TO MOVE | KIDS BODY COMBAT

Strategic Partner



Official Retail Partner



THE DUBAI MALL

Feb 5 to 11

| Timings | Monday | Wednesday | Saturday |
|-------------|---------|--------------|------------------|
| 8.00 - 8.40 | YOGA | BODY BALANCE | DANCE FIT ARABIA |
| 8.45 - 9.15 | PILATES | ZUMBA | BODY COMBAT |

Feb 12 to 18

| Timings | Monday | Wednesday | Saturday |
|-------------|--------|-------------|------------|
| 8.00 - 8.40 | YOGA | BODY ATTACK | PILATES |
| 8.45 - 9.15 | ZUMBA | CORE | KIDS ZUMBA |

Feb 19 to 25

| Timings | Monday | Wednesday | Saturday |
|-------------|-------------|------------------|-------------------|
| 8.00 - 8.40 | YOGA | DANCE FIT ARABIA | ZUMBA |
| 8.45 - 9.15 | BODY COMBAT | ZUMBA | KIDS BORN TO MOVE |

Feb 26 to March 4

| Timings | Monday | Wednesday | Saturday |
|-------------|-------------|--------------|------------------|
| 8.00 - 8.40 | BODY ATTACK | BODY BALANCE | BODY COMBAT |
| 8.45 - 9.15 | ZUMBA | BODY ATTACK | KIDS BODY COMBAT |

All classes to be held outdoors by The Dubai Fountain at the Souq Al Bahar Bridge.

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