

GDF

GET DRIVER FIT

Brought to you by



2 OCT - 27 NOV

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Morning							
6am - 7am	Boxing Fitness Haddins Fitness @ ZSC		Yoga Bodytree Studio				
7am - 8am							
8am - 9am						Beach Circuit Residence at St. Regis Resort	
9am - 10am						Yoga Umm Al Emarat Park	
10am - 11am							
11am - 12pm		Body Toning (LO) Bodytree Studio		H.I.I.T. Haddins Fitness @ ZSC			
Evening							
6pm - 7pm							GDF Benchmarks Haddins Fitness @ZSC
7pm - 8pm	Functional Fitness Haddins Fitness @ ZSC	H.I.I.T. Umm Al Emarat Park	Driver's Bootcamp Yas Marina Circuit	Circuit Training Umm Al Emarat Park	Functional Fitness Haddins Fitness @ ZSC		
8pm - 9pm				Zumba (LO) Yas Marina Circuit			

LO = Ladies Only
ZSC = Zayed Sports City

ياسلام
YASALAM
17 - 27 NOVEMBER 2016

The season's unmissable festival yasalam.ae

#GDF2016



@GetDriverFit



@YasalamAE



/GetDriverFit