

Official Sponsor:



# Schedule of Activities

Official Partner:



## THE AD MOVEMENT



Time (PM)	Activity	Location
<b>Session 1*:</b> 9:00 - 9:25	Spin-inspired Cycling by Waheeda AlHadhrami	Track
	Fitness Bootcamp by Sara AlSayegh	Center Grass
<b>Session 2*:</b> 9:35 - 10:00	N+TC Dance Fusion	
	Hot Yoga (Moksha) by The Hot House	Pit Lane
	Cooking Demo by Lana's Partiprfect	Racing School Garage
10:15 - 10:25	Guest Speaker: Muneera Al Hubail	
<b>On-Going</b>	#EndSmallTalk, Color Therapy, Body Assessments & Massages	

\* All five activities will run simultaneously during both sessions.

