

Dear Parent,

“BRS FITNESS CHALLENGE 2022”

In order to help children and the School Community to excel in Fitness for Dubai Fitness challenge, we will be providing 30 minutes exclusive fitness time for the students from Monday to Thursday Timing 8 am to 8.30. Am

The details as follows (compulsory program for all students)

BRIGHT RIDERS SCHOOL DUBAI DFC 2022 SCHEDULE			
WEEK-1			
DAYS	ACTIVITY	IN-CHARGE	TIMING
31/10/2022	Yoga/Balancing Asanas/Breathing Exercises	Ms. Meenakumari	8.AM-8.30 AM
01/11/2022	Strength Training	Mr. Anil	8.AM-8.30 AM
02/11/2022	Aerobics /Flexibility	Mr. Shaheed	8.AM-8.30 AM
03/11/2022	Karate	Outsourcing team	8.AM-8.30 AM
04/11/2022	Jumping Jacks Challenges	Mr.Jeen	8.AM-8.30 AM
WEEK-2			
07/11/2022	Yoga /Forward Bending Asanas	Ms. Meenakumari	8.AM-8.30 AM
08/11/2022	General Fitness	Mr. Anil	8.AM-8.30 AM
09/11/2022	Zumba /Endurance	Mr. Shaheed	8.AM-8.30 AM
10/11/2022	Karate	Outsourcing team	8.AM-8.30 AM
11/11/2022	Skipping Challenges	Mr.Jeen	8.AM-8.30 AM
WEEK-3			
14/11/2022	Yoga /Backward Bending Asanas	Ms. Meenakumari	8.AM-8.30 AM
15/11/2022	Endurance Training	Mr. Anil	8.AM-8.30 AM
16/11/2022	Aerobics /Coordination	Mr. Shaheed	8.AM-8.30 AM
17/11/2022	Karate	Outsourcing team	8.AM-8.30 AM
18/11/2022	Push Up Challenges	Mr.Jeen	8.AM-8.30 AM
WEEK-4			
21/11/2022	Power Yoga	Ms. Meenakumari	8.AM-8.30 AM
22/11/2022	Cardiovascular Fitness Training	Mr. Anil	8.AM-8.30 AM
23/11/2022	Aerobics	Mr. Shaheed	8.AM-8.30 AM
24/11/2022	Karate	Outsourcing team	8.AM-8.30 AM
25/11/2022	School DFC Finale	Anil/ Meena/Shahed/Jeen	8.AM-8.30 AM

For more details, please contact Mr. Anilkumar OK via anil.kumar@brihtridersdubai.com Timing -: 8:00 am to 8:30 am (on all Sunday to Monday October 2020 for both face to face and Online students)



Warm Regards
Deepa Shetty