





SEEK PROGRAMS

MAR.22



MON

TIME	PROGRAM NAME	LOCATION	DURATION
10:00 AM	RESTORE	AL QANA	30 MIN
11:00 AM	IONS & INHALE	AL QANA	30 MIN
12:30 PM	D RAYS	AL QANA	15 MIN
06:00 PM	RESTORE	AL QANA	30 MIN

TUE

10:00 AM	RESTORE	AL QANA	30 MIN
12:30 PM	D RAYS	AL QANA	15 MIN
06:00 PM	RESTORE	AL QANA	30 MIN

WED

06:30 AM	GOLDEN HOUR	TB ROOF DECK	60 MIN
10:00 AM	RESTORE	AL QANA	30 MIN
11:00 PM	IONS & INHALE	AL QANA	30 MIN
12:30 PM	D RAYS	AL QANA	15 MIN
07:00 PM	TRAIN TO RUN	SHEIKH ZAYED GRAND MOSQUE	60 MIN

THU

06:30 AM	PACE JOG 5 KM	SHEIKH ZAYED GRAND MOSQUE	60 MIN
10:00 AM	RESTORE	AL QANA	30 MIN
12:30 PM	D RAYS	AL QANA	15 MIN
06:00 PM	RESTORE	AL QANA	30 MIN

FRI

10:00 AM	RESTORE	AL QANA	30 MIN
12:30 PM	D RAYS	AL QANA	15 MIN
06:00 PM	RESTORE	AL QANA	30 MIN

SAT

04:00 PM	PICNIC	AL QANA	150 MIN
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SUN

10:30 AM	YOGA ASHTANGA LED	TB ROOF DECK	75 MIN
05:00 PM	EXCEED BASKETBALL	MANGROVE VILLAGE	75 MIN



PROGRAM DETAILS



GOLDEN HOUR	Rise with the sun and tap into your natural rhythm and awaken your body through slow movements, ending with an energizing organic breakfast to prepare you for a productive day.
D RAYS	Take a break and absorb your daily Vitamin D intake straight with a and go inwards with a guided meditation and healing music. Activate your parasympathetic mode with curated sounds as you regulate your bone mineralization and fuel your immunity.
IONS & INHALE	Re-connect with the Earth and open up to the healing properties of grounding while practicing pranayama, the yogic practice of focusing on breath.
RESTORE	Active recovery through a stretching session aiming to help your muscles recover post the intense workout.
FORMATION	Traverse works of art grounded in nature, de-compressing your being, expanding your thought. Within these artistic settings, experience the infinite borders that the beauty of life has to offer.
PACE	A communal run exploring different locations through movement.
EXCEED	Sports-centric activity to bring our inner playfulness whilst improving your health.
YOGA ASHTANGA	An athletic approach to yoga using flowing poses and sequences, linked to a strong breath pattern. The class will challenge you physically and ends in a deep relaxation. An organic breakfast will be served to help with recovery.
TRAIN TO RUN	An outdoors runners training build up designed to enhance your speed, pace, and endurance through drills, sprints, and agility work. We recommend you attend regularly and consistently to maximize its effects and achieve results.
SECRET SESSION	A welcome & greet session by the track leaders exclusively for new members of THE BRIDGE to gain a thorough insight of each track guiding them to begin their holistic transformation.
PICNIC	Take a break for a picnic lunch with healthy organic food at the park. Get out and be in nature for your break instead of staying indoors, it will boost your productivity and reduce the stress during your day.
HYBRID FUSED	A science-backed nature centric program designed by THE BRIDGE LIFESTYLE HUB, with a purpose to improve your fitness through a well-rounded journey starting with activating your core, to elevating your heart rate, and bringing you back with recovery and restoration to put you in parasympathetic mode.

