



**01 March | Wednesday**  
**6:00pm**

**Al Waha Club – Fuwairat Room**

# **Kids Fun Food**

## **SAHA Workshop**

**Register at AWC Reception (4473-3666/35)**

**Open to SAHA participants ONLY**





**04 March | Saturday**  
**8:00am**  
**AKIS Old Football Field**

# **Fitness Challenge I**

**Register at AWC Reception (4473-3666/35)**

**Open to SAHA participants ONLY**





**18 March | Saturday**

**7:00am**

**AKC Street 42**

# **Walkathon & Poolside Aerobics**

**Register at AWC Reception (4473-3666/35)**

**Open to SAHA participants ONLY**







**01 April | Saturday**  
**8:00am**  
**Al Waha Club Ballroom**

# **Intro to Yoga Master Class**

**Register at AWC Reception (4473-3666/35)**

**Open to SAHA participants ONLY**





**08 April | Saturday**  
**4:00pm**  
**Al Dhakhira Club**

# **Fun Games & Dodge Ball**

**Register at AWC Reception (4473-3666/35)**

**Open to SAHA participants ONLY**





**20 April | Thursday**  
**7:00pm**  
**AKIS Food Labs**

# **Healthy Substitutes Workshop**

**(Indian Cuisine)**

**Register at AWC Reception (4473-3666/35)**

**Open to SAHA participants ONLY**







**22 April | Saturday**  
**8:00am**  
**AWC Recreation**

# **Fitness Challenge II**

**(Outdoor)**

**Register at AWC Reception (4473-3666/35)**

**Open to SAHA participants ONLY**





**29 April | Saturday**  
**7:00pm to 8:00pm**  
**ADC Badminton Court**

# **Cardio Boxing Marathon**

**Register at AWC Reception (4473-3666/35)**

**Open to SAHA participants ONLY**







**06 May | Saturday**  
**7:30pm**  
**AKIS Food Labs**

# **Healthy Substitutes Workshop**

**(Arabic Cuisine)**

**Register at AWC Reception (4473-3666/35)**

**Open to SAHA participants ONLY**





**13 May | Saturday**  
**11:00am**  
**AKIS New Sports Hall**

# **Fun Family Basketball**

**Register at AWC Reception (4473-3666/35)**

**Open to SAHA participants ONLY**





**16 May | Tuesday**  
**6:00pm to 6:00pm**  
**Al Waha Club Ballroom**

# **Last Chance**

# **MEGA WORKOUT**

**Register at AWC Reception (4473-3666/35)**

**Open to SAHA participants ONLY**

