Private E-Sevai Center
CSC Center
STAR RAINBOW SERVICES
VADAPALANI
8144337349

HELLO MADRAS
hellomadrasdaily@gmail.com
HELLO MIRROR MADRAS
RNI No.TNBIL/2021/81709
Daily Morning Newspaper
The Truth

RS Polyclinic

Dubai Fitness Challenge marks 10th edition with citywide calendar of fitness events and activities



CHENNAI – 6 Nov, 2026 Chennai: Dubai Fitness Challenge (DFC) 2026, an initiative of His Highness Sheikh Hamdan bin Mohammed bin Rashid Al Maktoum, Crown Prince of Dubai, Deputy Prime Minister and Minister of Defence of the UAE, and Chairman of The Executive Council of Dubai, marks its 10th edition from 31 October to 29 November 2026. Under the theme ‘What’s Your 30x30?’, the month-long initiative encourages residents and visitors to undertake 30 minutes of daily physical activity for 30 days, promoting fitness, wellbeing and community participation across Dubai.

The 2026 edition features four flagship events: Dubai Ride presented by DP World on 1 November, Dubai Stand Up Paddle presented by RTA on 7 and 8 November at Hatta Dam, Dubai Run on 22 November and Dubai Yoga presented by MHERO on 29 November at Dubai International Financial Centre (DIFC). The events offer opportunities for people of all ages and abilities to participate in cycling, water sports, running and yoga, with Dubai Ride and Dubai Run building on their record participation in 2025.

DFC 2026 also features three free 30-day fitness destinations: DP World 30×30 Fitness Village Kite Beach, Dubai Municipality 30×30 Fitness Village Zabeel Park and Dubai Municipality 30×30 Fitness Village Al Warqa'a Park, operating from 31 October to 29 November. These villages offer activities including basketball, cricket, volleyball, padel, spinning, yoga, running tracks, cycling, children's activities and dedicated ladies-only fitness zones. His Excellency Saeed Hareb, Secretary General of the Dubai Sports Council, and Ahmed Al Khaja, CEO of the Dubai Festivals and Retail Establishment (DFRE), highlighted the initiative's decade-long contribution to building a culture of active living and making fitness accessible to everyone.