



**PRIMAL  
FITNESS**



**DUBAI  
BRITISH  
SCHOOL**  
JUMEIRAH PARK

# PRIMAL FITNESS SUMMER CAMP AT DBSJP

Experience a week of fitness fun and team building where we aim to take kids back to the basics, to get fit, strong and disciplined



## Workshop focus per day.

- skill and movement
- strength and conditioning
- engine building (cardio)
- mobility and recovery
- nutrition
- mindfulness and emotional regulation

Our unique programme is designed to introduce children to functional fitness to get strong for life.

'our community focused mission encourages children to negotiate, communicate and problem solve to discover their own strengths.

'we help to build resilience, discipline and emotional regulation all whilst having fun!

## Dates :

week 1 - 8th July to 12th July

week 2 - 15th July to 19th July

week 3 - 12th August to 16th August

week 4 - 19th August to 23rd August

## prices:

950dhs full week

200dhs per day

## timing:

Drop off : 9.00am

pick up : 1.00pm

## Book now

