



Bend it, shape it

FITNESS opportunities around this weekend. It's Yogafest at Dubai Internet City or Fitness Fridays at Downtown, Dubai. Yogafest has 22 yoga and 18 meditation classes over Friday and Saturday, 8am to 8pm. www.yogafest.me while Fitness first will have classes such as Body Combat, Pilates, Flow Yoga, Zumba, and Body Attack from 10am tomorrow. www.fitnessfirst-me.com

