

EVENTS AND EXHIBITIONS TO LOOK FORWARD TO:

MASmash

Date: 8 December
Join the MASmash, join the fun, make a mess and learn about what's more to come!

Abu Dhabi Food Festival: Delicious Cinema

Date: 22-23 December
Lose the couch and your pajamas and join us in an evening of film, food, friends and fun!

Comic Craze

Date: 23 November -23 December
Comic Craze is an exhibition that brings together talented artists from the UAE to shed light on the ingenuity behind the creation of satirical, comic and critical cartoons.

A Touch of Heritage

Date: 29 November - 7 January
In celebration of National Day, this exhibition focuses on various aspects of the UAE that are integral to the lives of the people, highlighted through the art forms on display.

10 Years of Emirates Photography Competition

Date: 27 November - 31 March
An exhibition showcasing the best work from the 10 years of Emirates Photography Competition.

And much more such as the Literature and Music Festival, Bait Al Oud Concerts, special performances at LARTE restaurant, Abu Dhabi Classics Concerts, and many community events.

*For more details and to keep updated on the latest dates and timings, please check into our website www.manaratalsaadiyat.ae or follow us @manaratalsaadiyat

MANARAT AL SAADIYAT HOSTS A PROGRAMME WHERE EVERYONE CAN FIND THEIR PLACE WITHIN THE LATEST CREATIVE URBAN SCENE.

WEEKLY PROGRAMMES

YOGA by Bodytree Studio

Realign your souls and find your balance with our Yoga weekly schedule as part of an ongoing schedule, as well as themes such as full moon Yoga on occasion.

BREAKDANCE by Slam Fam

Discover the elements of movement in a breakdancing workshop and enjoy the creative atmosphere of hip-hop music.

FITNESS and CALISTHENICS by MPROVE Fitness Centre

Your fitness is incredibly important to your health! MProve is a Fitness Organization that is dedicated to Total Body Health System. Challenge your fitness in our weekly fitness sessions.

SCREENINGS by Cinema Space

Come and enjoy beautifully restored classics and contemporary world cinema screenings with the renown Cinema Space programme.

MUSIC JAMS (open mic)

A platform for established and amateur bands alike, come to the weekly jam session where bands can book a slot, and get a chance to perform for the public.

HULA HOOP by Flowground

Bringing the love of hoop flow to UAE's adventure-seeking, fun-loving, and foot-tapping community. Come play with us!

BAKING and PICNIC DAY

Bread, cakes, tarts, pastries and much more to bake and picnic in the garden on a Friday and Saturday morning with your loved ones.



2017 WEEKLY PROGRAMMES - STARTING FROM 20 NOVEMBER TO 31 DECEMBER

MONDAYS

08.30 – 09.30
Morning Yoga by BODYTREE STUDIO

16.00 – 18.00
Fitness Session by MPROVE FITNESS

19.30 – 21.00
CINEMA SPACE: World Cinema

19.30 – 20.30
Hula Hoop Session by FLOWGROUND

TUESDAYS

12.30 – 13.30 and 17:00 – 18:00
Hula Hoop Session by FLOWGROUND

17.00 – 19.00
Breakdance Workshop by SLAM FAM

18.00 – 19.00
Yoga Unwind by BODYTREE STUDIO

WEDNESDAYS

08.30 – 09.30
Morning Yoga by BODYTREE STUDIO

19.00 – 21.00
Music Jams (Open mic)

FRIDAYS

09.00 – 11.00
Baking and Picnic day

SATURDAYS

09.00 – 11.00
Baking and Picnic day

16.00 – 18.00
CINEMA SPACE: Family Screenings

19.00 – 21.00
CINEMA SPACE: Restored Classics



IN ADDITION TO OUR WEEKLY PROGRAMMES, MAS IS HAPPY TO ANNOUNCE MONTHLY PROGRAMMES SUCH AS:

THE ABU DHABI THESPIAN

For the budding drama and theatre amateurs and professionals alike, find your pace and hone your skills by joining our carefully curated monthly master classes. For it's first edition, The Abu Dhabi Thespian is featuring the West End Stage (9-10 December).

ABU DHABI LAUGHS

A stand-up comedy platform that hosts monthly performances and workshops.

THE URBANIST

Join the movement with the latest in street performing arts: hip-hop, beat boxing, breakdancing, and much more!

FULL MOON LUNAR OBSERVATION

Stand under the stars and learn about the constellations through our monthly full moon lunar observation.

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For booking and registration, please email manaratalsaadiyat@dctabudhabi.ae or call +9712 6575 937.

*Additional weekly programmes launching in December, Parkour Studio by PARKOUR DXB, Calisthenics by MPROVE Fitness Centre and much more!

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