

WELLNESS MAP

Dubai World Trade Centre is committed to the well-being of our partners, visitors, employees and tenants. Whether you are a UAE resident or visiting us for business, we encourage you to explore our range of wellness activities designed to support a positive work-life balance and your overall well-being.



Active Lifestyle

- Gym: One Central, The Apartments, Novotel WTC, Ibis One Central
- Yoga: One Central
- Rock Climbing: The Apartments
- Swimming Pool: The Apartments, Novotel WTC
- Padel Pro: One Central
- Kids Club: Novotel WTC



Seasonal Events

- Dubai Fitness Challenge
- Dubai Sports World



Indoor Walking

- Concourse 1
- Concourse 2



Outdoor Walking Track (Seasonal)

- Za'abeel Park
- Al Mustaqbal Street



Careem Bike



Spa/Hair Salon

- Spa: Novotel WTC, Ibis WTC, Ibis One Central, 25 Hours Hotel
- Foot Spa: Ibis WTC
- Hair Salon: The Apartments, One Central, Novotel WTC



Healthy Dining Options

- Novotel WTC
- Ibis WTC
- Ibis One Central



Hydration Points

- Dubai Can Dispensers
- Liquid of Life Stations



Recycling Spots

- Sparklo Reverse Vending Machines



Green Relaxation Zones

- Palm Garden: The Apartments
- One Central Courtyard