



FULL FIT BODY

WORKOUT WITH WEIGHTS, RESISTANCE BANDS & TRX TO TONE THE FULL BODY. LET'S ACHIEVE THE BEST VERSION OF YOURSELF TOGETHER!

FREE TRIAL CLASS!
Exercise doesn't have to be boring!



TEACHER: UMAIR JAVED

M.S Exercise Science & Sports Nutrition USA

8 lessons: €100 (valid for 2 months)

4 lessons: €55 (valid for one month)

Single class: €15

Mondays 13:00 GYM C

Tuesdays 17:15 GYM C

Wednesdays 13:00 GYM A

Thursdays 17:15 GYM B

For more info. please contact Umair: +39 3517454941

***Rooms may be subject to rotation.**