



# 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**

**10 Classes: €100 (valid for 2 months)**

**Single class: €15**

**Mondays 13:00 GYM A**

**Tuesdays 12:00 GYM C**

**Wednesdays 13:00 GYM C**

**Thursdays 17:15 GYM B**

**For more info. please contact Umair: +39 3517454941**

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