

Full Body Fit



MONDAYS 13:00 GYM C
WEDNESDAYS 13:00 GYM A

EXERCISE WILL NEVER BE BORING AGAIN!

TEACHER: UMAIR JAVED

M.S. Sports nutrition & Exercise Science
NASM qualified Personal trainer USA
NPTI USA Graduate, Boxercise certified
Kb training certified, TRX certified
Speedblast & Osteoblast certified



FREE TRIAL
Single class €15
10 classes €100
(Valid for 60 days)

FOR INFO:
Contact Umair
+39 3517454941

For booking: FAO Staff Coop, Room E016
fao-staff-coop@fao.org / 0657053142

Kindly note that FAO Staff Coop is in no way responsible for services provided by third parties, who respond directly to clients