

SPORTS Programme



YOGA

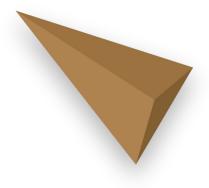
TABATA

PADDLE BOARD

CROSSFIT

ABS WORKOUT

AQUA CYCLE



AQUA F	ITNESS
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AQUA BOXING

FUNCTIONAL TRAINING

AQUA FITMAT



GROUP CYCLING

TRX

STRETCHING

PILATES



