

# ***EXCLUSIVE***

*SPORTS CLUB*

## ***SPORTS PROGRAMME***

*STRETCHING*

*TABATA*

*CROSSFIT*

*MEDICINE BALL*

*ABS WORKOUT*

*CIRCUIT TRAINING*

*TRX*

*PILATES*

*GROUP CYCLING*

*BOXING*

*ANTIGRAVITY YOGA*

*GLUTES WORKOUT*

*YOGA*

*FEEL THE VIBE*

***KEEP<sup>THE</sup>  
ENERGY  
UP!***

