

SPORTS PROGRAMME



YOGA

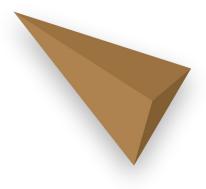
GROUP SPINNING

ANIMAL FLOW

STRETCHING

FUNCTIONAL TRAINING

CRAZY ABS

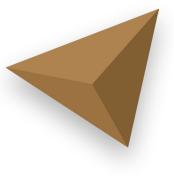


AQUA FITMAT

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TABATA

CORE EXPRESS



PILATES

AQUA JUMPING

TOTAL BODY

AQUA CYCLING

AQUA FITNESS

CORE & MORE

AQUA BOXING

AQUA POLE



