

Schedule

Here you can find the prices and schedules.

Activities	Schedule	Days	Price
Gym	Full Time	All Days	\$5000
Pilates	5:00 p.m	Tuesday and Thursday	\$22000
Crossfit	2:00 p.m	Monday and Wednesday	\$2540
Calisthenics	1:00 p.m	Tuesday and Thursday	\$8500

Benefits and Tips

Some benefits and tips of physical activity

1-What are the health benefits of exercise?

- Reduce the risk of heart disease
- Improve your mental health and mood
- Strengthen your bones and muscles

2-How can I make exercise part of my regular routine?

- Find activities you can do even in bad weather
- Keep track of your progress
- Have fun exercising

