

Top Workout Sessions

Discover our top workout sessions designed to help you achieve your fitness goals. From high-intensity interval training to relaxing yoga sessions, we have something for everyone.



Featured Bootcamps

Join our featured bootcamps to push your limits and take your fitness to the next level. Our bootcamps are designed for all fitness levels and provide a variety of workouts to keep you engaged and motivated.

Strength Training

Focus on building muscle and increasing strength through targeted weightlifting and resistance exercises. Suitable for those looking to build muscle and increase endurance.

HIIT Bootcamp

High-Intensity Interval Training (HIIT) sessions that combine cardio and strength training for a full-body workout. Ideal for burning calories and building muscle quickly.

Yoga & Meditation

A comprehensive program combining yoga and meditation to enhance flexibility, reduce stress, and improve overall well-being. Perfect for all levels from beginners to advanced.

Bootcamp Fusion

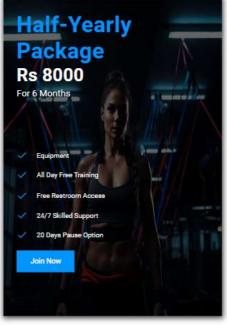
A dynamic fusion of various workout styles including cardio, strength, and agility drills. Designed to provide a well-rounded fitness experience and keep workouts exciting.

BETTER BEATS BEST



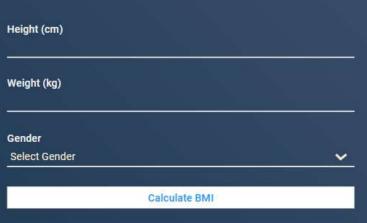
Fitness Plans



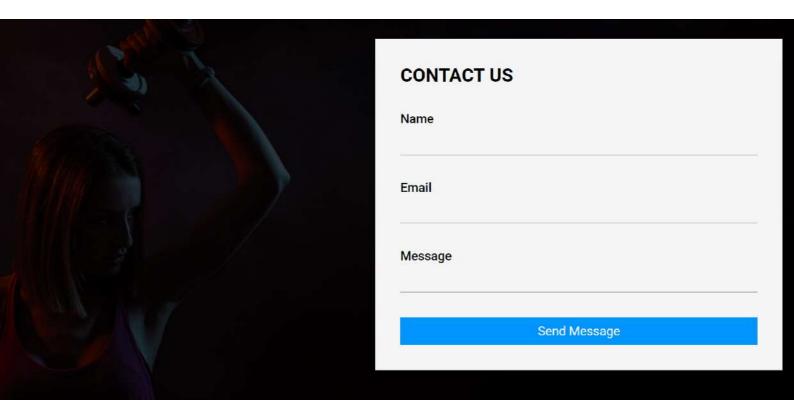


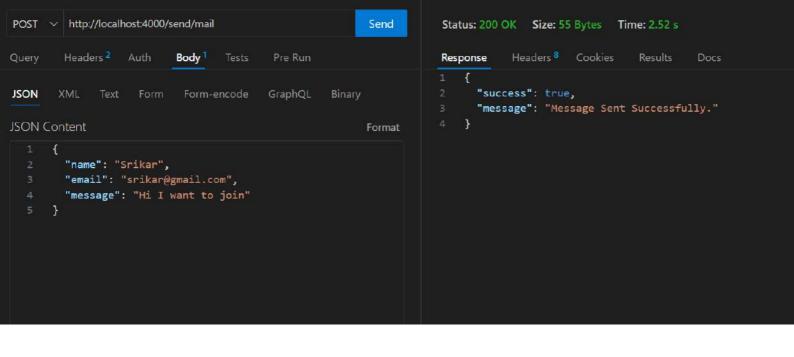


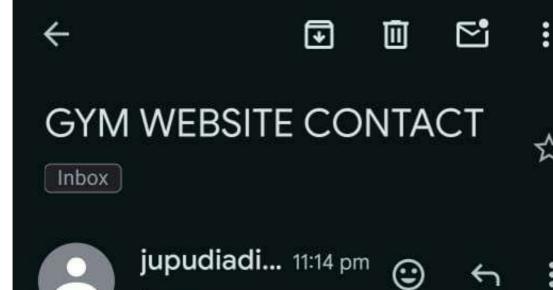
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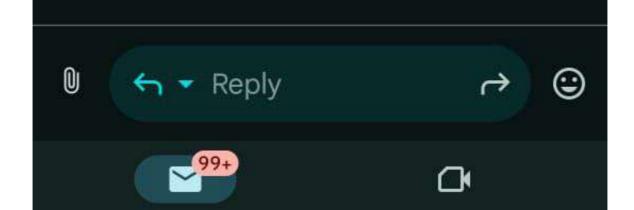


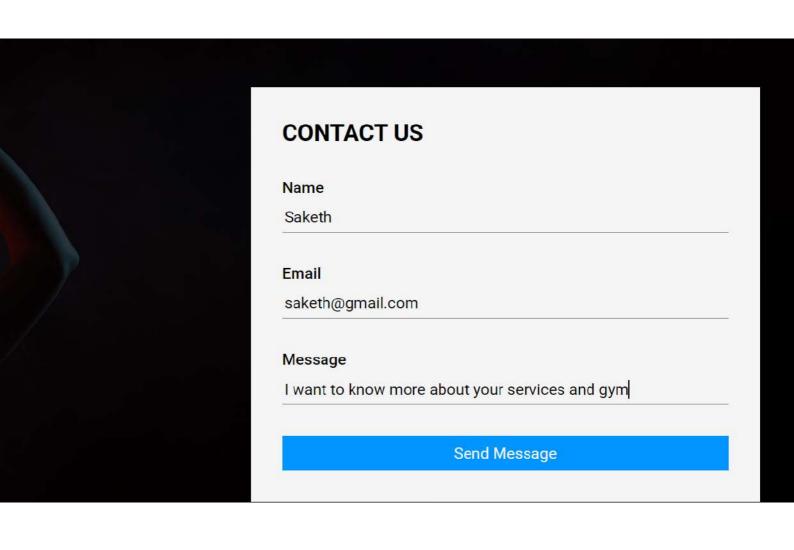


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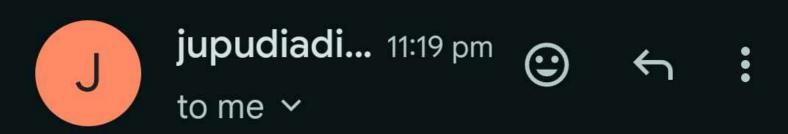
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