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### Strength & Conditioning

The harder you work the harder it is to surrender

### Strength & Conditioning

Nothing will work unless you do

### Strength & Conditioning

You don't have to be extreme just consistent



### about us

Every day is a chance to become better

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body and mind

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healthy life

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strategies

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workout

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# S&C Courses



### 

Courses for women

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Group courses

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### 

Courses for men

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### pricing plan

affordable pricing plan for your

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Plan details

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basic plan

Rs5000/mo

Plan details

Plan details

Plan details

Plan details

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premium plan

Rs6500/mo

Plan details

Plan details

Plan details

Plan details

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# expert trainers



### expert trainer

Name



### expert trainer

Name



### expert trainer

Name



### expert trainer

Name

join us now

### get upto 50% discount

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### testimonials

Our trainees feedback

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Name

Trainee-1

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Name

Trainee-2

Lorem ipsum dolor sit amet consectetur, adipisicing elit. Accusamus, quo.



Name

Trainee-3

Lorem ipsum dolor sit amet consectetur, adipisicing elit. Accusamus, quo.



Name

Trainee-4

# daily posts



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opening hours

monday :  *7:00am - 10:30pm*

tuesday :  *7:00am - 10:30pm*

wednesday :  *7:00am - 10:30pm*

friday :  *7:00am - 10:30pm*

saturday :  *7:00am - 10:30pm*

sunday :  *closed*

Contact details

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+111-222-3333

abc@gmail.com

Bangalore, India

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