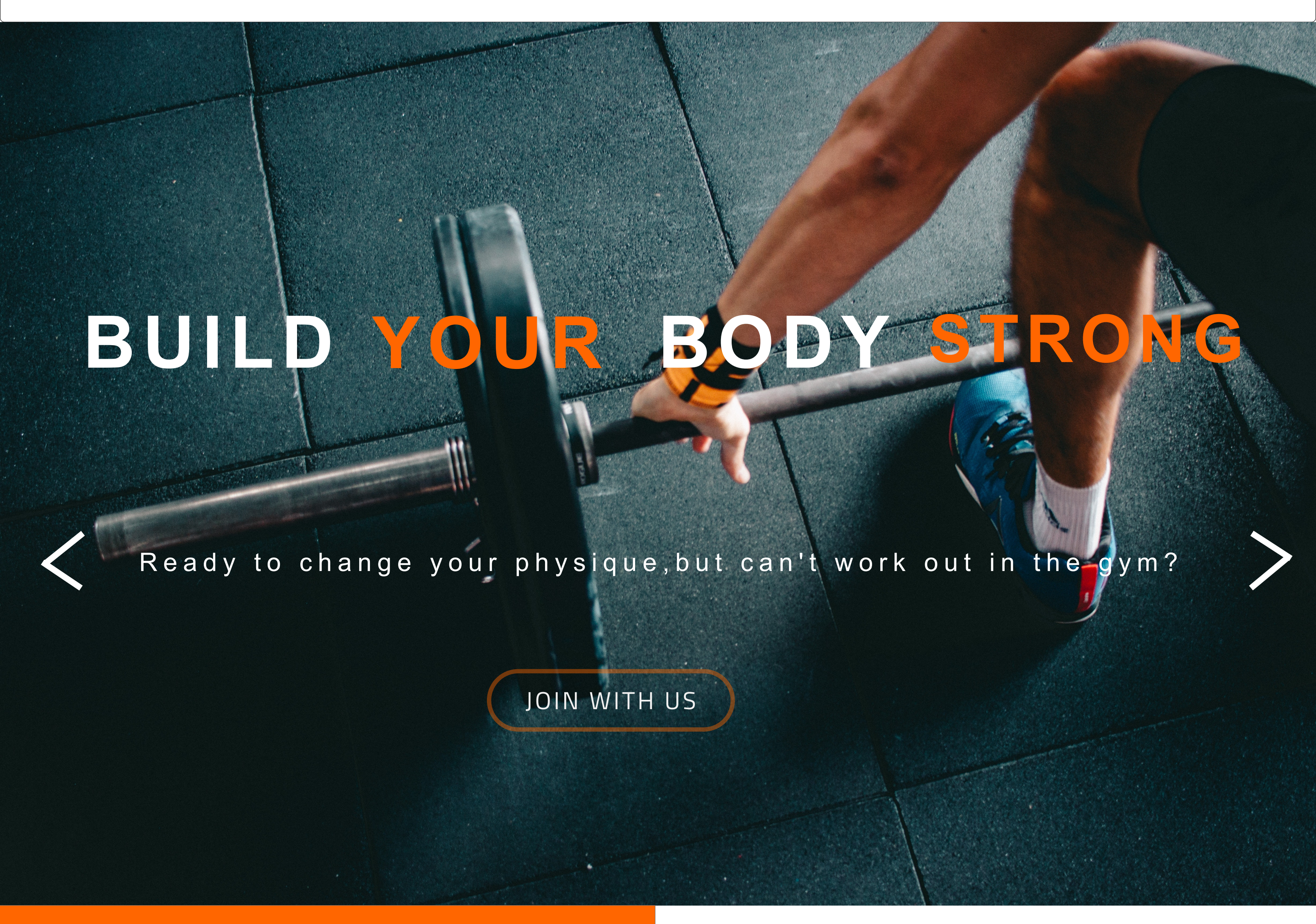
GYM EDGE
Fitness Center

HOME ABOUT CLASSES SCHEDULE TRAINERS STORE



BUILD YOUR BODY STRONG

Ready to change your physique,but can't work out in the gym?

JOIN WITH US

ALL ABOUT FITNESS

Weight Lifting

Weightlifting, also called Olympic weightlifting, is an athletic discipline in the modern Olympic programme in wich the athlete attempts a maximum weight single lift of a barbell loaded with weight plates .

Running

Running is a method of terrestrial locomotion allowing humans and other animals to move rapidly on foot . Running is a type of galt characterized by an aerial phase in wich all feet ..

Yoga

Yoga, is a meditative means of discovering dysfunctional perception and cognition , as well as overcoming it for release from suffering , inner peace and salvation

FEATURED CLASSES

Cycling

Coach Abd I ilah , Da Hmad

Martial Arts

Coach Nada , Khalid

BEING BODY BUILDERS

SIGN UP

Classes Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00am	Yoga 12:00am - 2:00am	Body Building 12:00am - 2:00am		Cycling 12:00am - 2:00am	Yoga 12:00am - 2:00am	Body Building 12:00am - 2:00am
1:30am	Body Building 1:30am - 3:30am		Cycling 1:30am - 3:30am	Yoga 1:30am - 3:30am		Cycling 1:30am - 3:30am
2:00am					Body Building 2:00am - 3:00am	
3:00am				Body Building 3:00am - 4:00am		Mixed sports 4:30am - 5:30am
4:30am	Cycling 4:30am - 5:30am	Yoga 4:30am - 5:30am	Body Building 4:30am - 5:30am		Cycling 4:30am - 5:30am	Yoga 4:30am - 5:30am

What Clients Say

Fouad

Lorem ipsum dolor set upsom samar lat seruinm si empsom lador dlor mlorema dolor lorem .

Sara

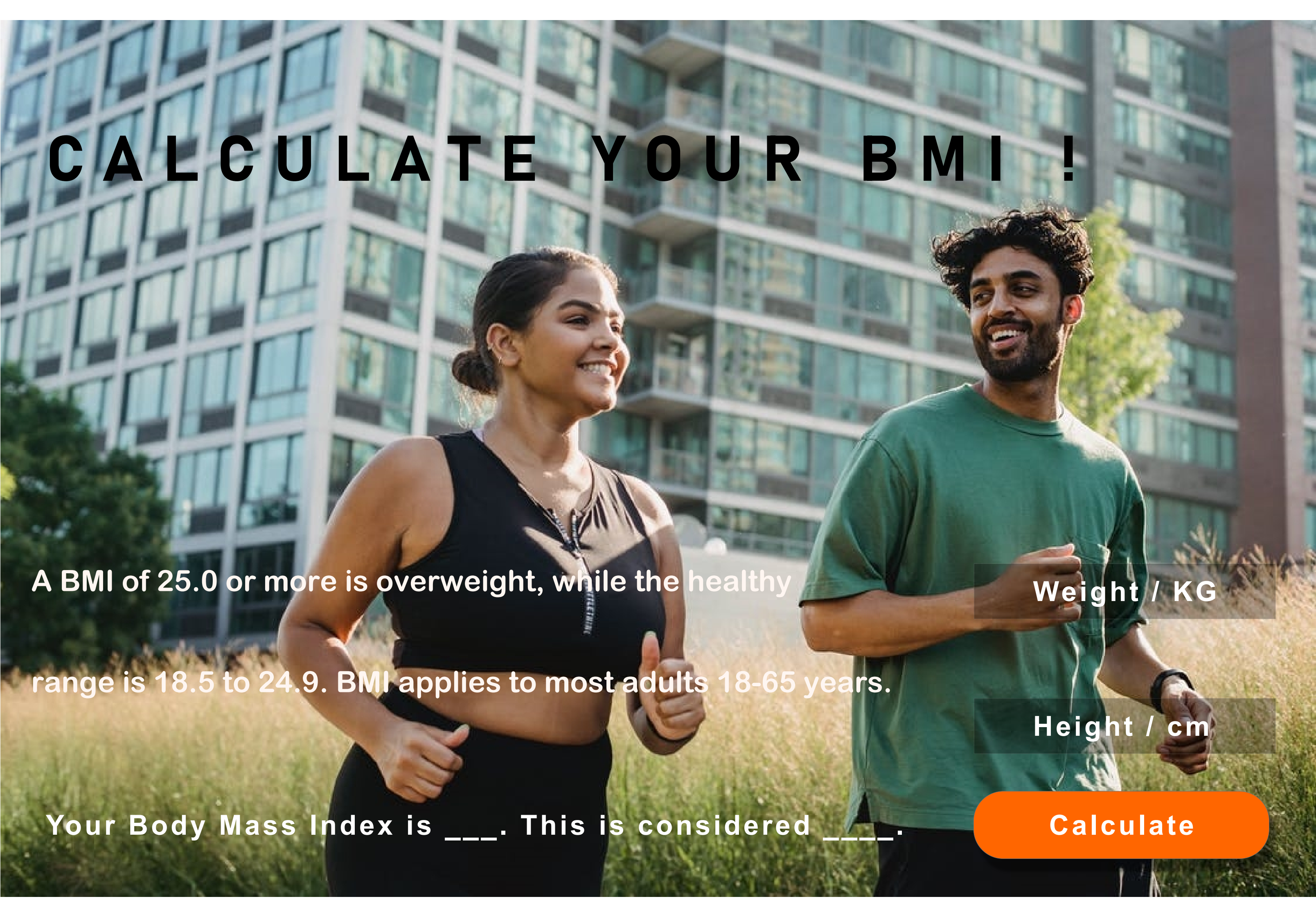
Lorem ipsum dolor set upsom samar lat seruinm si empsom lador dlor mlorema dolor lorem .

EXPERT TRAINERS

Jhon Rabuek
Yoga Coach

Jason Statam
Body Building Coach

Selena Martie
Cycling Coach



CALCULATE YOUR BMI !

A BMI of 25.0 or more is overweight, while the healthy range is 18.5 to 24.9. BMI applies to most adults 18-65 years.

Weight / KG

Height / cm

Your Body Mass Index is ___. This is considered ____.

Calculate

OUR PRICING PLAN

STANDARD
$30/month
Gym Fitness
~~Gym Events~~
Cycling

Details

PREMIUM
$59/month
Gym Fitness
Gym Events
Cycling
Yoga

Details

PLATINUM
$90/month
Gym Fitness
Gym Events
Cycling
Yoga
Body Building
Details

ONLINE STORE

Whey Happy Blend
★★★★
~~$45~~ > $40
Add To cart

Hayabusa T3Boxing gloves
★★★
$19
Add To cart

Tibia Protecter [Venum]
★★★★★
~~$50~~ > $48
Add To cart

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