

# Athlete's Temple

**Mission:** To empower individuals of all levels to unlock their physical and mental potential through expert-led fitness, martial arts, and personalized coaching programs.

## Services Offered:

- Regular Gym Membership (Full Access to Training Facilities)
- Martial Arts Classes — Taekwondo, Brazilian Jiu-Jitsu, Muay Thai, and Open Mat Sessions
- Personal Training Programs with Certified Coaches
- Calisthenics Classes
- Snack Bar & Gym Supplements - sports drinks, refreshments, protein bars, and energy bars

## Our Team:

**Coach Dan** - Founder & Head Coach

A former national Taekwondo athlete and certified strength coach with 15+ years in martial arts instruction and athlete conditioning.

**Coach Park Lee** - Head of Personal Training

Certified fitness and wellness specialist, helping clients achieve lasting transformations through tailored programs and lifestyle guidance.

**Coach Tamer** - BJJ Lead Instructor

Brazilian Jiu-Jitsu black belt and professional competitor, passionate about technical excellence and personal growth through combat sports.

**Coach Majd** - Calisthenics Lead Instructor

A jacked calisthenics athlete with over 8 years of experience, leading multiple classes for different age groups, from kids to adults.

**Coach Lynn** - Muay Thai Lead Instructor

Young muay thai prodigy, reigning national champion leading and guiding others on their own journey to similar successes.

**Bassel Hani** - Operations & Financial Manager

With 10+ years in fitness operations and finance, Bassel keeps Athlete's Temple running smoothly - managing budgets, memberships, and logistics with precision and efficiency.

## Unique Value Proposition:

Athlete's Temple Training Club stands out as a hybrid fitness and martial arts hub - blending elite coaching, science-backed programming, and a strong community culture. Whether you're training for performance, confidence, or balance, Athlete's Temple provides the structure, motivation, and expert guidance to help you thrive.