

WELCOME

C A L I



BY THE COMMUNITY
FOR THE COMMUNITY

EXPERIMENT. EVOLVE. REPEAT.



CONTACT US :

📞 +91 88267 62234

📍 Hitec city, Hyderabad



WHAT YOU'RE GOING TO GET

TRAINING PROGRAMS INCLUDE

- Strength & Conditioning
- Calisthenics Fundamentals
- Weight Loss & Fat Burning
- Handstands & Balance Training
- Core & Mobility Development
- Advanced Skill Progressions

WHY CHOOSE CALI ?

- Expert trainers
- Small batch focus
- Result-driven programming
- Beginner-friendly progressions
- Motivating training environment

Bonus Rewards

LUCKY DRAW

*T&C Apply

4 lucky person

will get a chance to win a brand new iPhone on

Annual registration



1 lucky person

will get a chance to win a brand new iPhone on

6-Month registration



CHOOSE YOUR PLAN & BEGINS YOUR TRANSFORMATION

Calisthenics Memberships

Plans	Price
Monthly Membership	7777/-
3-Month Membership	22222/-
6-Month Membership	44444/-
1-Year Membership	77777/-

*(Pay for 10 month get 2 months free)

CALI RHYTHM- ZUMBA

Details & pricing will be shared soon

CALI POWER -YOGA

Details & pricing will be shared soon

MEET THE TRAINERS

Certified. Experienced. National-Level Athletes



Aman

10+ Years Experience
3x National Champion
Represented India 3 Times



Shiva

5+ Years
Training Experience



Shivani

Calisthenics & Yoga Trainer



Deepthi

Zumba Trainer



Ankush

Calisthenics Trainer

TIMINGS



Morning Batches

6:30 AM – 7:30 AM
7:30 AM – 8:30 AM
9:00 AM – 10:00 AM



Evening Batches

6:00 PM – 7:00 PM
7:00 PM – 8:00 PM
8:00 PM - 9:00 PM

Sat / Sun (weekend sessions) for only 9:00-10:00 am



WE ARE MORE THAN A TRAINING SPACE

We train together. We celebrate wins. We compete with passion. We learn through workshops. We bond beyond workouts.





Training under Aman has been an incredible experience. In just **3 months** of personal training, I achieved skills I once thought were impossible muscle ups, handstands, front and back levers, human flag, and more. His coaching is highly structured, detail-oriented, and focused on longterm progress rather than shortcuts.

Aman knows exactly when to push, when to correct, and how to build both physical strength and mental discipline. Beyond the skills, he helped me develop confidence, consistency, and a stronger mindset. I'm truly grateful for his guidance and would highly recommend him to anyone serious about calisthenics.



I've been training with Aman for the past 6 months, and it's been an incredible journey. I can see significant improvement in my overall strength. Women tend to have naturally weaker upper body strength, and that's the first thing I noticed that greatly improved—going from not being able to hang on a bar for more than 5 seconds to being able to do 200 assisted pull-ups.

Calisthenics is a combination of skills and strength; training with Aman, you get all that combined with a lot of fun. His years of experience as an athlete representing the country reflect in his training. He knows how to tailor his approach based on each person's body type. He charts a strategic training approach, taking you step-by-step to ensure we avoid injury and gradually unlock new skills.

All of this is backed by a whole lot of fun, which makes you want to jump out of bed each day and hit the floor to train. I've absolutely enjoyed being his student and would highly recommend being a part of his community!!



I am training with Aman for more than one year now, it has been an amazing journey, I see myself doing things which I never thought I could do before, Aman's knowledge of Calisthenics is flawless and he knows how to handle clients based on their experience.

I am glad I got to train under Aman and hope you continue my calisthenics journey under his guidance!!



I trained with Aman for 3 months as a complete beginner. Before this, I was doing weight training, but calisthenics with Aman taught me what real muscle strength is. His coaching completely changed my understanding of body control and pull-up technique. Very knowledgeable, patient, and result-oriented trainer. Highly recommended.



Where do I begin - To tell the story of how greater Calisthenics journey can be?

AMAN - My first Cali coach: A stunner, blessed with ripped bod & an incredible human being. He's a one stop destination for Calisthenics. You name the skill, and he knows it (from headstands to muscle up, from freestyle frog stand to complicated skill/s)! Every single interaction with Aman makes one feel determined and persistent to achieve their Calisthenics goals & win. It's worth giving it a shot with one of the best ones 'cuz Aman leaves no stone unturned to pep you up & train effortlessly.

Despite my insane high stakes, requests and questions, he always held his horses and exceeded my expectations by being professional, patient and cordial throughout. He's been the top notch Cali coach. He's so gifted-so knowledgeable and such workaholic (he works on weekends too to speed up my progress). Sky's the limit for Aman!

I strongly recommend **AMAN** as a Calisthenics trainer to anyone who's looking for help related to build & evolve 'emselves workout-wise. He's been a blessing to me so far!



Aman is a top-class and highly skillful trainer who always brings out the best in his trainees. He is always encouraging and motivational. He is helping me improve a lot and never gives up. Working with him is also fun, which makes every session enjoyable and productive.

OUR CLIENT REVIEW