**Classes**

ACTIVITIES

The Train4Less Fitness Department has a large team of first-class coaches and instructors and is equipped with state-of-the-art sports technology. All Train4Less members have a completely free ADVISORY interview : a personalized start plan where one of our coaches will make a program adapted to their physical.

Cardio

Body and mind

Strength

Timetable Available

Pictures Cover Tittle

Hiit, Tabata, Cal Aesthetics, Step & Tone, Aquafit, Heated Yoga, Karate, Spin, Kettlebells, Boxercise, Power Hour, Shape Tone Strenght, Zumba, Wod, 15-15-15