ABOUT US

Our mission at Tiger club is to improve lives through physical activity in a friendly andwelcoming environment.
We do this program with the aim of preparing youfor all physical challenges in your life. We get you fitfor anything. We cater for all levels of fitness, from retiree with no training experience to the elite professional athlete, Here we offer a training experience like no other. Come in and try it for yourself.

OUR CLASSES

Fitness

Fitness grind & performance training is not just a gym when you choose to train here ou are hiring a trainer of highly skilled and dedication coache determined to help you lose fat get stronger and look and feel great

Kickboxing

With kickboxing techniques, our instructor are ready to give youthe high-energy workout that will help you reach your goals and beyond keep an eye on the group, and discreetly offer modifications to everyone all while running a funand effective full-body cardio-kickboxing class!

Zumba

Zumba. A rhythmic fusion of Latin music and the latest chart-toppers makes this one of the most fun workouts a star can have. your way to a toned and sculpted body as you work on your core and get legsto kill through agile footwork and dance moves.

Opening Hours

OUR SPORT CLUB Tayger IS OPEN TO BOTH MEN AND WOMEN BUT SEPARATELY, FOLLOWING THIS WEEKLY CALENDAR : FROM 10AM TO 11PM.

THE PROGRAM FOR MEN IS SCHEDULED ON : MONDAY - WEDNESDAY - FRIDAY AND SUNDAY.

THE PROGRAM FOR WOMEN IS SCHEDULED ON: TUESDAY, THURSDAY AND SATURDAY.

EVENT CLUB

A party is organized On Sunday th 27 Novembre at 4pm in order to introduce our sports club Tayger to new people, and to know our coaches and to benefit from them concerning the three sports (Fitness, kickboxing and zumba dance).
This event is open to the public, and there is a special discount up to 20% for the first 50 persons who will be joining us in the first month.
Happy to join us!

OUR COACHES

Virgil has been training amateur and professional combat athletes since 1995. His skill-set expands to the following combat styles:kickboxing, MMA fighting.

VIRJIL a certified French Zumba instructor, having a remarkable career in Zumba dance

MICHEL is a Master Level Certified Fitness Instructor who has been teaching Fitness for more than 15 years.

CONTACT US

full name

Email

Phone Number

Message

Submit

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