



## THE BODY ACHIEVES WHAT THE MIND BELIEVES

### ABOUT US

Our mission at Tiger club is to improve lives through physical activity in a friendly and welcoming environment.

We do this program with the aim of preparing you for all physical challenges in your life .

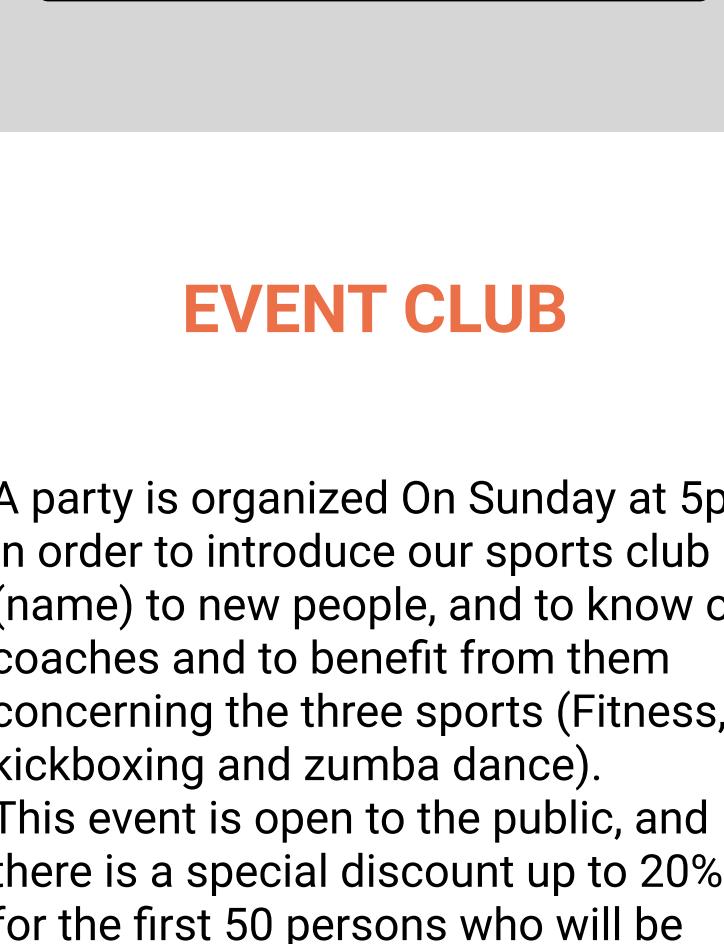
We get you fit for anything. We cater for all levels of fitness, from retiree with no training experience to the elite professional athlete, Here we offer a training experience like no other.

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 you are hiring a trainer of highly skilled and dedication coache determined to help you lose fat get stronger and look and feel great



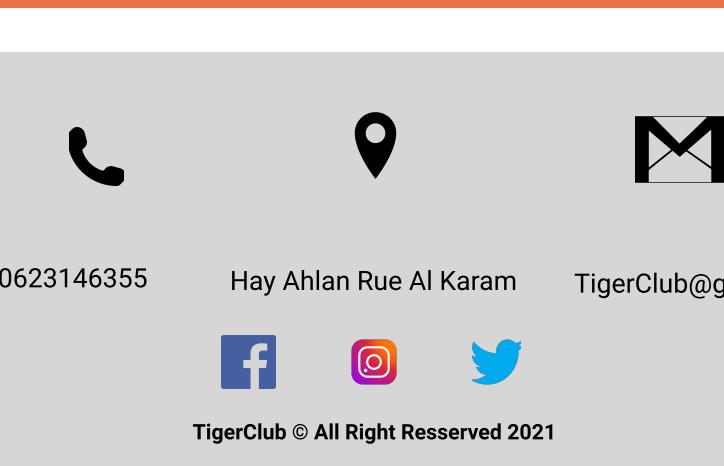
#### Kickboxing

With kickboxing techniques, our instructor are ready to give you the 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 fun and 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 legs to kill through agile footwork and dance moves.



#### Opening Hours

OUR SPORT CLUB "... 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 at 5pm in order to introduce our sports club (name) 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



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



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

#### CONTACT US

full name

Email

Message

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