

A close-up photograph of a dark, textured surface, possibly a book cover or endpaper. The surface has a fine, woven pattern. A single, thin, light-colored strip runs vertically down the center of the frame, creating a sharp contrast with the dark background.

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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.

The image shows a ceiling with a grid of white rectangular tiles. Several pendant lights with dark, cylindrical shades are suspended from the ceiling. A single recessed light fixture is also visible. The lighting creates a warm, ambient glow.

A wide-angle photograph of a modern gym. The floor is dark grey with large square tiles. The walls are orange and black. In the foreground, a weight rack with several weight plates is visible. In the background, there are multiple multi-gym units and weight racks. A blue informational screen is mounted on the wall. The gym appears to be well-lit with overhead lights.

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!

A photograph showing the interior of a gym or fitness studio. The ceiling is dark with visible red support beams and rectangular recessed lighting fixtures. The walls are made of exposed brick, and there's a large window or opening in the background.

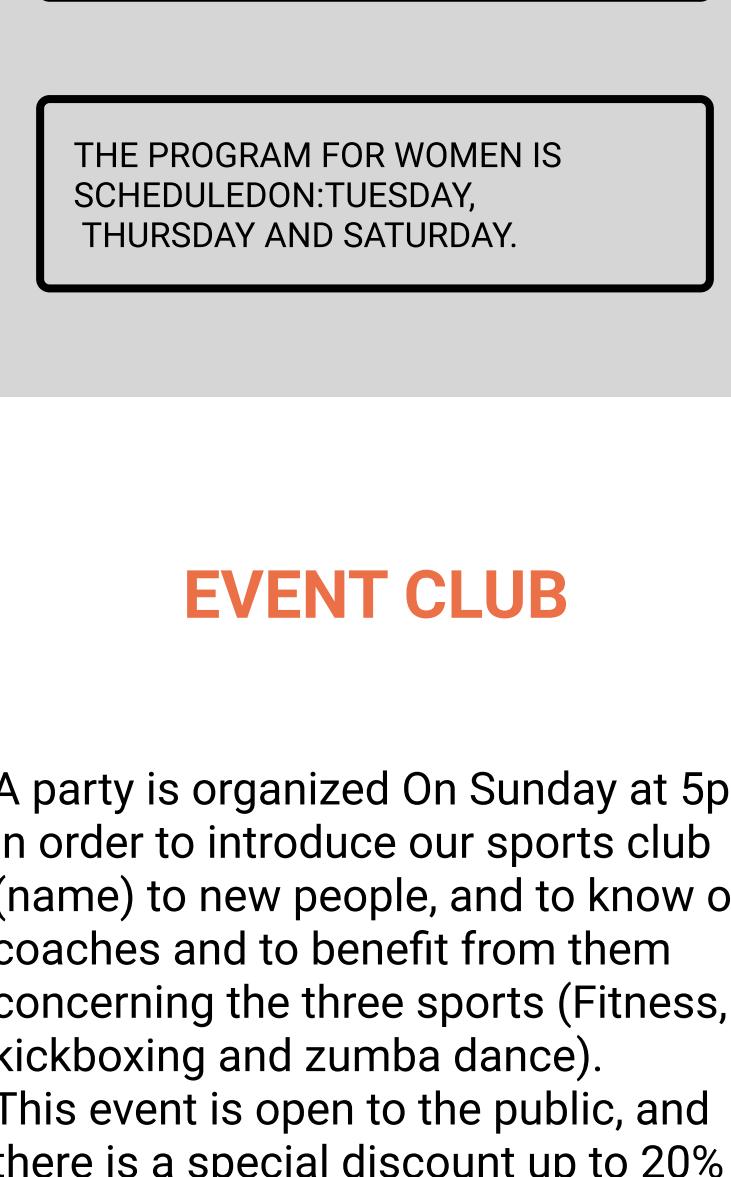
A close-up photograph showing the lower legs and feet of a person wearing blue shorts with white trim and a red belt. The person is standing on a grey, textured floor. The image is cropped to focus on the legs and feet.

A group of women in a Zumba class at a gym. They are all wearing athletic clothing and are in various stages of a dance move. In the background, there is a large blue 'OO' logo on the wall, a row of red dumbbells, and a large window.

A vibrant indoor dance studio filled with women of various ages. They are all wearing matching "Pump It Up" tank tops and black pants or shorts. The room has a polished wooden floor and walls painted in bright orange and yellow. A large disco ball hangs from the ceiling, and several small white decorative lights are suspended. The women are in mid-motion, performing a dynamic dance routine.

Opening Hours

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

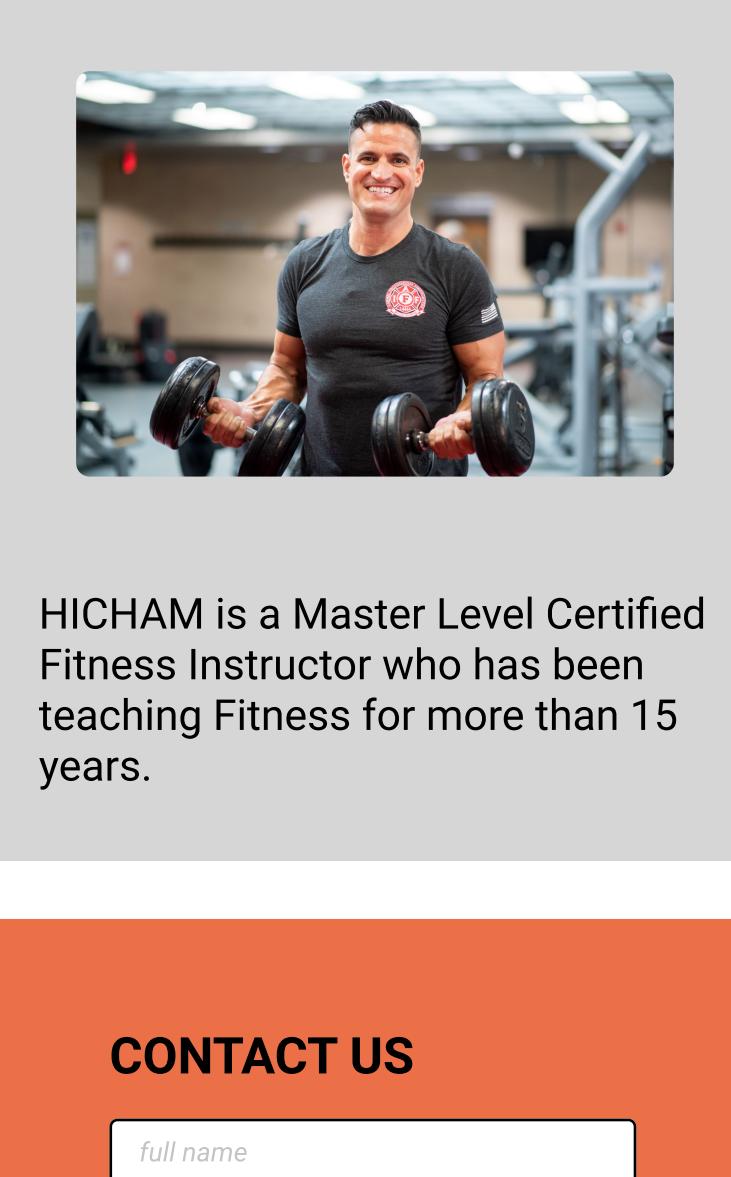


Our Coaches

A close-up photograph of a person's torso and arms, wearing a blue and white athletic top, suggesting a combat athlete.

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

A portrait of Monir, a muscular man with short dark hair, wearing a red tank top with 'ZUMBA' and 'ORIGINAL' printed on it. He is smiling and giving a thumbs up with his right hand.

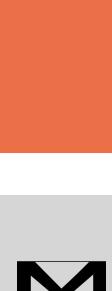


A close-up portrait of a man with short brown hair, smiling broadly. He is wearing a dark grey crew-neck t-shirt. The background is blurred, showing what appears to be an indoor setting like a gym or studio.

CHAM is a Master Level Certified Fitness Instructor who has been

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