

PRIVATE GYM STUDIO



» SERVICES

Kids Box Fit \$10/ Session

Monday and Thursday
4:30PM- 5:30PM

Adult Box Fit \$20/ Session

Monday and Thursday
6:00AM-7:00AM

*Please note the boxfit classes are upto 6 people max.

Adult HIIT CLASS \$20/ Session

Tuesday
6:00AM-7:00AM

Personal Training

Looking for something a little bit more personalized? Do you want:

- Results-driven, high-frequency training
- Tailored programming for maximum performance
- Full body scans & progress tracking
- Sauna, pool recovery & onsite parking

Then personal training is for you!
Scan below to find out more



For more info and to book scan the QR code →

Other wise contact me on Ph: 0223421620 Email: coachedbygeo@gmail.com



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Check out our packages today,
click the link in BIO!

Click link in bio to gain access and start your fitness journey now

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