

CALISTHENICS BEGINNER COURSE

FOR ADULTS (18+)



SATURDAYS, 15:30 - 17:00
FROM SEPT. 20TH 2025

- ✓ Get stronger using bodyweight
- ✓ Improve mobility and posture
- ✓ Boost energy and mental clarity
- ✓ Learn basic to intermediate skills



GYM MACHER
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SIGN UP NOW
SPOTS ARE LIMITED!