



# GROUP EXERCISE CLASSES

**BELIEVE, SWEAT & INSPIRE**

**Shop 6, Regent Place, Tumas Fenech Street, Birkirkara**

<u>TIME</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
9:30am	Fit Camp	Street Fit		Primal Flow		Fit Camp
10:30am						Primal Flow
6:00pm	Fit Camp		Primal Flow		Primal Flow	
7:00pm	Primal Flow		Street Fit			
8:00pm (summer)	Street Fit (summer)		Fit Camp (summer)			

**PRIMAL FLOW** is a bodyweight training system which maximises the movement potential of the human body. A workout structure which has a more functional carry over to sports and activities than traditional exercise formats whilst enhancing your enjoyment and motivation to train. Gains are FITNESS + ENDURANCE + STRENGTH + MOBILITY + AGILITY + OVERALL MUCH STRONGER CORE.

**FIT CAMPS** If you want to get fit, get active, burn calories and get healthy in a fun group environment, you're invited to join us on our group Fit Camp circuit based challenges and discover a fun way to get in shape no matter what your level of fitness is.

**STREET FIT** also known as Street Dance Fitness®. With a nation desperate to shed weight, Street Fit have come up with the perfect blend of edgy dance moves and intense fat-burning exercise. Street Fit harnesses the aerobic and muscle-toning aspects of street dance to create fun, high-energy Street Dance Fitness® routines. The Benefits of Street Fit are: Develop Cardiovascular Fitness + Improve Health & Well-being + Increase Energy + Strengthen & Tone Muscles + Improve Balance & Flexibility + Get in Shape While Having Fun.

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**For Bookings Contact on 99894373 or  
[dngpersonaltraining@gmail.com](mailto:dngpersonaltraining@gmail.com)**