

f·Gym
By FashionTV

M E N U

1. FUNCTIONAL TRAINING

Functional Training

Full-Body Routines Designed To Build Strength, Balance, And Endurance.

Efficient Fitness Routines

Simple Yet Powerful Exercises For Overall Performance.

Trainer-Guided Sessions

Certified Experts Offering Safe, Personalized Support.

2. MMA TRAINING

MMA Training

Combines Gym Workouts With Dynamic Martial Arts Techniques.

Self-Defense & Skill Building

Enhances Strength, Agility, And Real-World Defense Skills.

Complete Fitness Experience

Boosts Stamina, Confidence, And Body Coordination.

3. MEMBER FACILITIES

Health Café

Nutritious Snacks And Drinks Crafted For Balanced Wellness.

Lounge Area

A Premium Space To Relax And Recover Post-Workout.

Performance Access

Includes Advanced Combat Tools, Digital Tracking, And Elite Equipment.

4. PERSONAL TRAINING

Tailored Fitness Programs

Personalized Workouts Designed For Individual Goals.

One-On-One Coaching

Dedicated Trainers Monitoring Progress And Technique.

Goal-Oriented Training

Structured Plans To Achieve Measurable Results.

5. ADDITIONAL GYM SERVICES

Steam & Sauna

Relaxing Heat Therapy To Unwind Muscles And Detox.

Massage

Relief And Recovery Therapy For Post-Workout Comfort.

Diet Guidance & Nutrition

Expert Plans To Support Fitness And Lifestyle Goals.

Spinning

High-Energy Indoor Cycling Sessions For Stamina And Fat Burn.

Physiotherapists

Professional Care For Mobility, Recovery, And Injury Prevention.