

ABOUT **EiF** STUDIOS



We offer a fitness studio environment for people to get fit, lose weight and feel amazing. EiF Studios is not a gym. Instead, we offer small group personal training at designated times in the week led by one of our Master Trainer and Lifestyle Transformation consultants.

You will attend 3 times a week on specific days at the scheduled times. You will complete a mix of exercises designed to boost your metabolism and burn fat, help you feel strong and improve your health. This includes partner fitness boxing and personalised strength training sessions.

You will also receive weekly nutrition coaching to help you with your healthy eating plans and guide you to make better food choices without feeling you are on a strict diet.

You will also become a member of a Viber group to help encourage you on the other days of the week to stay active and stick to your healthier nutrition choices.

Our 4-Week Kick-Start challenge offers the following time slots:

- > Sunday | Tuesday | Thursday 6am-6.45am
- > Sunday | Tuesday | Thursday 8.30pm-9.15pm
- > Monday | Wednesday | Saturday 8.30pm-9.15pm
- < OR Book your own time slot as a group of 6 or more

MVR 1500 for 4-week program.
BOOK YOUR PLACE TODAY

BE **MORE.**

EUROPEAN INSTITUTE OF FITNESS