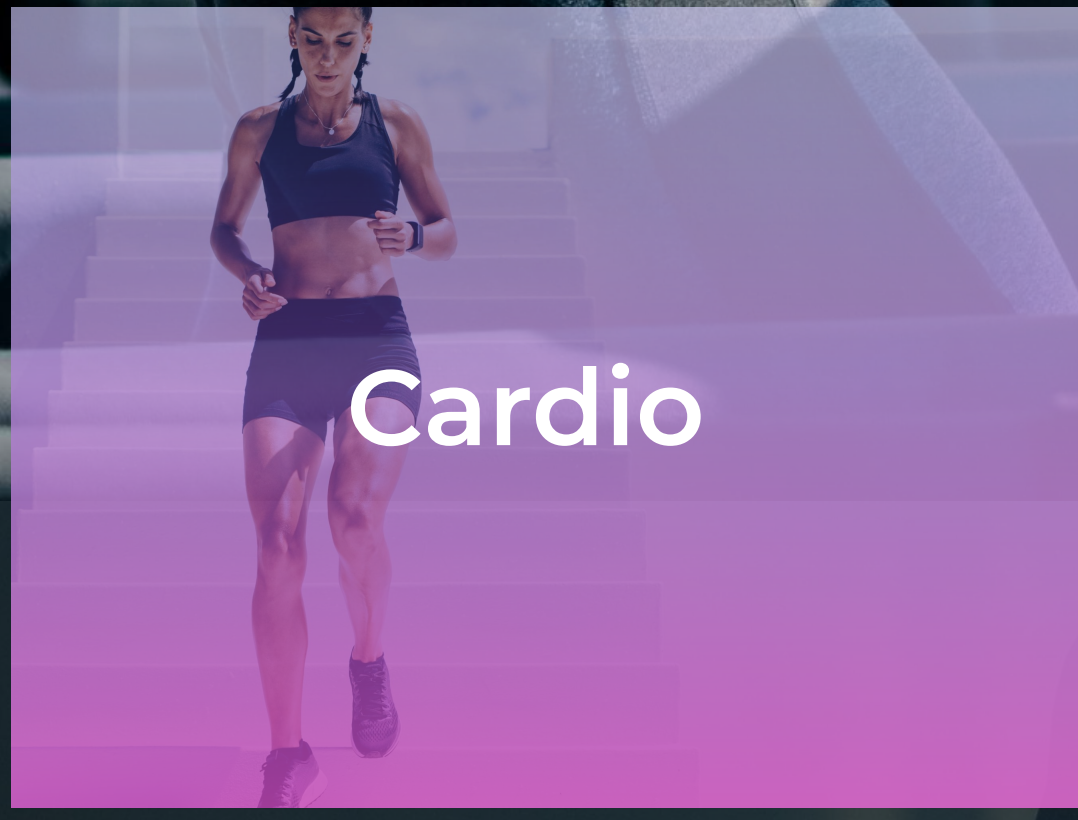


# Unleash Your True Self

Are you ready to feel stronger and more confident? Every workout helps you get closer to a healthier, happier you. Join us to build your strength, boost your energy, and see the changes that will make you feel great inside and out. Start today, and take the first step towards a better you!

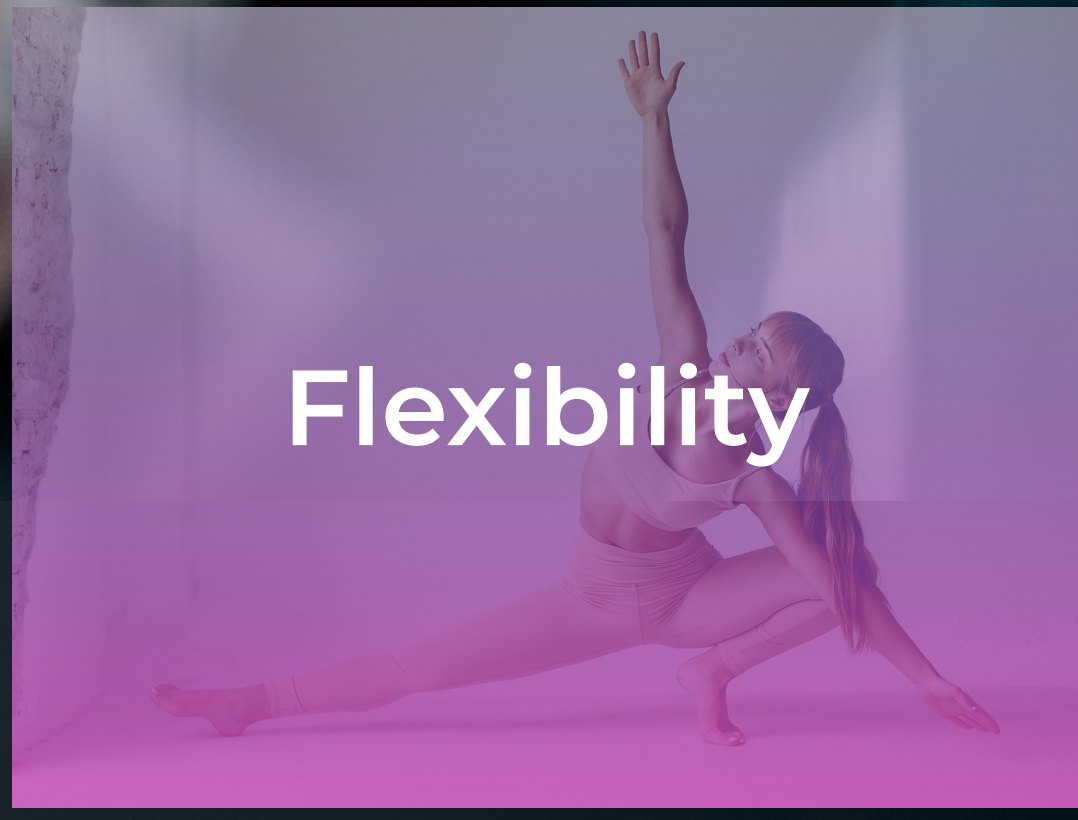
GET STARTED



**Cardio**



**Strength**



**Flexibility**

## GET A FREE LESSON

Experience our gym with a free lesson! Discover our facilities, meet our trainers, and start your fitness journey – no commitment needed. Join us and see what makes us unique!

**OPENING HOURS**

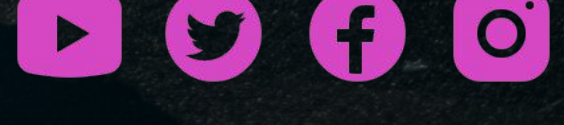
From Monday to Friday  
7 am to 11 pm

---

Saturday and Sunday  
9 am to 5 pm

## PERSONALIZED DIET PLANS

Our gym goes beyond workouts by offering personalized diet plans and expert advice tailored to your fitness goals. Whether you want to lose weight, gain muscle, or maintain a healthy lifestyle, our team is here to guide you every step of the way. Let us help you achieve your best results through balanced nutrition!



## OFFERS

**BEGINNER**

**\$ 45**

Full access to gym  
2 Free Sessions with Coach  
Spinning activities Included

BUY

**ADVANCED**

**\$ 65**

Full access to gym  
2 Lessons with Coach per week  
All gym activities Included

BUY

**PRO**

**\$ 85**

Full access to gym  
2 Lessons with Coach per week  
All gym activities Included  
Personalized Diet

BUY

## TIMETABLE

◀ APRIL 2024 ▶

APRIL 3

Boxing

APRIL 5

Spinning

APRIL 6

Crossfit

APRIL 7

Cardio

APRIL 11

Running

APRIL 12

Yoga

APRIL 15

Muay Thai

APRIL 16

Body Pump

Check full schedule →

At our gym, we offer personalized training sessions tailored to your goals. Our dedicated coaches are ready to discuss your needs and create a customized program just for you, ensuring you achieve the best results.

## OUR COACHES



Wei Chen



Mia Johnson



Ethan Thompson

### Follow Us

Stay connected for the latest updates, workout tips, and exclusive promotions. Join our community on social media to share success stories and support each other. Don't miss out—follow us today!



### Contact Info

Greenwood street 123, London  
+54 64598 2378  
gym@mygym.com

### Opening Hours

Monday - Friday 7am - 11pm  
Saturday - Sunday 9am - 5pm