

Pop Up Fun Partner Bootcamp with Carlos



In this month of love and friendship bring your partner or a friend to a couples workout. All you need is that special person by your side and be ready to have fun together. This circuit workout will be full of playful and challenging exercises between you and your partner, so be ready to push each other, lift each other and even climb on each other.

Suitable for all levels

- 🌿 Date: Saturday 15 February
- 🌿 Time: 9am-10.30am
- 🌿 Investment: AED 100 (including Nectar juice)

All prices are inclusive of VAT.

Book your place by emailing

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