

# Spin Tribe Pop Up– Latin Explosion with Carlos



Not only is the weather in Abu Dhabi getting HOT, but Spin Tribe is also getting MUY CALIENTE this Friday! Join Carlos, an experienced and skilled yoga, pilates, and cycling instructor, to let out the inner Shakira or Pitbull you have within you. Training to the rhythm, show us your best moves at Spin Tribe- Latin Explosion Edition.

Spin Tribe is a combination of two exercise methods: high intensity with strength training and core conditioning. 30 minutes cycling + 30 minutes of Pilates Reformer. The Real Ryder bikes have a moving frame, allowing you to burn 20 per cent more calories than on a stationary bike, and are low impact on joints.

- 🍃 Date : Friday 26 April
- 🍃 Time : 9am-10am
- 🍃 Investment : AED 145 (including Nectar juice)

All prices are inclusive of VAT.

Book your place by emailing  
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+971 2 4434448 [www.bodytreestudio.com](http://www.bodytreestudio.com)

