



kinofit

YOGA & FITNESS

Private Training Program

We are in
Tamarind Square
A-04-08
(above 10 gram)

Weight Management Program

Improve body composition - reduce waistline, shape up and maintaining good body fat level.

Health Specific Training Program

Exercise for post injury, health condition - hypertension, diabetic; functional and conditioning routine & general wellbeing exercise.

Fitness Program

Increase cardiovascular level, strength and endurance.



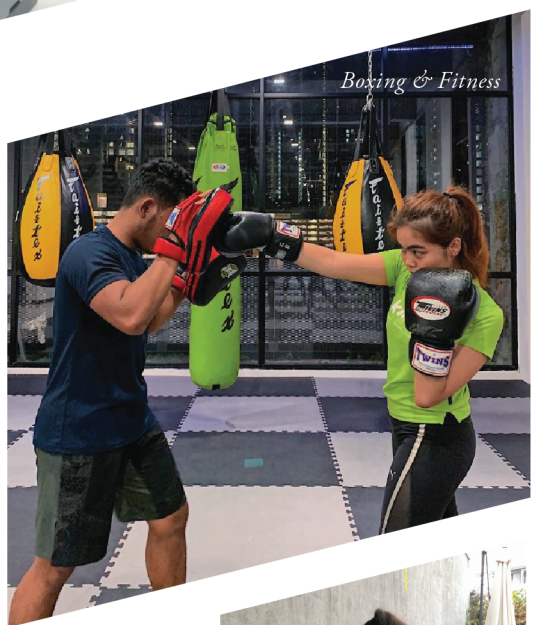
Strength & Shape Up

Strength, Tone & Weight Management

- ✓ Tailor-Made Exercise Program
- ✓ Training Techniques & Tips
- ✓ Individual / Small Group
- ✓ Result Oriented Program
- ✓ Dietary Guidance
- ✓ Body Analysis Update



Yoga & Wellness



Boxing & Fitness

Private session for unique individual needs,
Our coaches are certified with vast experience!

Find out more -

Call / Whatsapp us: **018-960 2368**



Children's Development

FIND OUT MORE!

www.kinofit.my

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