



Fitness Fun with TRX by Tanuja Perera

Saturdays 12 - 1pm
Drop In 1700 Rs

Tanuja is a highly skilled trainer from the UK who had been in the fitness industry for many years. She has worked with celebrities and corporate companies such as Redbull, Samsung and Colombo Fashion week to achieve outstanding results for her clients.

Her new class Total TRX is an amazing full body workout that targets the whole body especially focusing on core strength. This class will not only help you to become leaner and stronger but it will also help to increase your cardiovascular stamina. Limited spaces - Book early to avoid disappointment.

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