



KINETIC STUDIO

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presents



TRXACTION

TOTAL BODY BLITZ

with Tanuja & Hasitha // This week
Hot Momma Monday & Wednesday @ 8.15am
TRXACTION Tuesday & Thursday @ 6.15pm
TRXACTION Saturday @ 10am & 12noon
Total TRX Saturday @ 12noon
Parents & Kids ∞ Saturday @ 11am

TRXACTION IS A TOTAL BODY STRENGTH AND CONDITIONING CLASS THAT INCORPORATES ELEMENTS OF TRX SUSPENSION TRAINING, KETTLEBELLS, BOXING, CORE STRENGTHENING AND CIRCUIT TRAINING. TRACTION PROMISES TO GIVE YOU AMAZING RESULTS LIKE BODYFAT REDUCTION, WEIGHTLOSS, STRENGTH, CARDIOVASCULAR IMPROVEMENT AND CORE STABILITY.

FOR MORE INFORMATION CONTACT:

TANUJA - 0766575959 HASITHA- 0756299092

Drop In - 1st come basis 1500 Rs (limited spaces)

pranalounge.lk

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Holistic Health Center

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