



IGNITE the fire in you with the new outdoor program:



Let it burn!



PROGRAM 1
BEACH BOOTCAMP
1st Saturday of the month

PROGRAM 2
CROSSFIT OUTDOOR
2nd Saturday of the month

The activities takes place on the beach every 1st and 2nd Saturday of the month.

We bring the equipment, you bring your motivation and your determination.

We collect all performances to sort out the best athlete of the month, of the semester, of the year.

Prize and reward for the winner.

For more info, please contact us

www.imotiongym.com