



## “JUMPING FROG”

Fitness workout using “trampolines” is now available.

“Try once and I promise you will fall in love, first session is for free,” says the fitness instructor.

Jumping Frog is an innovative trampoline training program for fitness.

Summer schedule is launched with classes held Monday, Wednesday and Friday 10am and 7:30pm, Tuesday, Thursday 7:30pm, Saturday 10am.

Classes are held in San Gwann.

**For information, contact:**

Jumping Frog Malta on 9965 1360



## “SUNSET” YOGA

Yoga teacher is hosting a “Sunset” yoga class every Monday.

“Watching the sun set while flowing through the poses adds that extra yogic vibe to your day and you’ll be relaxing in savasana whilst listening to the sound of the waves,” says Mei Berrit.

Mixed level. Runs for 75 minutes. Combines strength, balance and flexibility poses.

Class is held in Gzira on Manoel Island, starting at 6:30pm.

Mats are not provided.

**For information, contact:**

Yoga with Mei on 7990 6545



One source to **fitness news** in Malta and Gozo, get more [here]

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## “JIU-JITSU”

The club is celebrating a second year anniversary.

“We know that learning a new skill can be tough, especially a martial art. Remember, we were all beginners once,” says Mateo Brekalo.

Specializing in Brazillian Jiu-Jitsu, class for beginners is available every four weeks. Kids session will resume 5th September.

“You don’t need any gear to begin, just shorts and a t-shirt (preferably a rash guard), a mouth-guard (optional), and a big bottle of water.”

Club is located at the St. George’s Park Hotel in Paceville.

**For information, contact:**

Arte at aretemalta.com



## “KUNG FU”

Training at the dojo for “Kung Fu” is now available.

“Improve your mental and physical strength, self-confidence, coordination, concentration,” says Ralph Lloyd-Davis.

Class on Wednesday 8pm for adults and on Saturday for children age five to 15.

Dojo is located in Mosta.

**For information, contact:**

Wu Shu Ky on 9913 0660





## “THAIBOXING”

Gym offers training in “Thai boxing” for beginners.

“Perfect way to kick start your week,” says Niclas Elfstedt.

Class is held Monday, Wednesday and Friday 7pm, Saturday 10am.

Suitable for all levels.

Malta's only Muay Thai and fitness gym is located in Gzira.

**For information, contact:**

Malta Thai boxing on 9905 8542



## “SPORT ADDICTED” SPF

Pupa Milano introduces a “Sun Care” range from its Sport Addicted line.

“Fresh, impalpable, non-greasy and quickly absorbed texture, it is ideal for those who practice outdoor sports,” says a rep.

Invisible spray.

Available as 30 SPF and 50+ SPF. Low risk of allergies. Dermatologically tested. Paraben free. Produced in Italy.

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