



## “SOFTBALL”

Club is calling for Women’s Softball “beginners” to join the team.

“Take part in a fun team sport. Our coaches will teach you the basic skills,” says Fernando Berroterán.

Trial sessions are free. Local tournament is open to beginners.

Held at 10am every Saturday at the Sport Complex in Marsa.

A team for men is also available.

**For information, contact:**

Luxol Mustangs Baseball Softball Club @LuxolMustangsBC



## “TOURNAMENT”

Clubs are hosting the first “interclub” tournament until 30th June.

“Format consists of both Singles and Doubles one-hour matches. Teams will consist of a mix of players from both tennis clubs,” says the coach.

Participating clubs are Rinella and Mgarr.

Matches are played on Saturday and Sunday evenings at De La Salle College in Cottonera, as the Rinella Club’s courts are being refurbished, and also at the Mgarr Tennis Club.

Throughout the year several activities are organized.

**For information, contact:**

Rinella Tennis Club on 2180 9895



## “BEGINNERS” CLASS

Belly dancing course for “beginners” is available.

“Women of different forms, shapes, and ages are all welcome and embraced in our class. Discover your feminine side by learning how to control your body with confidence and grace,” says Mares, the teacher.

Class is for complete beginners with no experience.

Held at Fitness Point, the gym on top of the Tigne Point, in Sliema, every Monday at 9pm.

**For information, contact:**

Tribal Belly Dance on 7706 9817



## “BELLY FIT”

Various “fitness” classes at newly opened multidisciplinary centre.

“Feeling unmotivated or bored with the usual fitness routines, Belly Fit classes are tailored to cater for a full body workout that focuses on toning and strengthening different muscle groups. Will get your heart pumping with action, mirroring the beats of the drums,” says Mya Scicluna, the gym manager.

Yoga is available with Adriana Tabone and Aline Zora. Personal training with Ian Sammut and Belly dancing with Yasmin Falzon, who was trained in Egypt.

Classes held at the centre located in Mosta.

**For information, contact:**

Polaris Consultancy on 2099 370





## “AERIAL SILKS”

Community of “aerial silks” enthusiasts host weekly training sessions.

“At the moment we have an informal training for everyone who loves aerial acrobatic arts,” says Andrea Bruno.

Training takes place at Tigullio in Spinola Bay on Tuesday and Thursday at 8pm.

Bring comfortable clothes, water and if possible a yoga mat.

**For information, contact:**

Aerial Silk Malta @aerialsilkmalta



## “STRONG BY ZUMBA”

Worldwide full-body transformation Strong by Zumba “challenge” continues this month.

“Get leaner, fitter and stronger. This will be happening all over the world so you will definitely not be doing this alone,” says Charmaine Mifsud.

Includes three Strong by Zumba classes per week, body analysis assessment before and after, activity calendar, nutrition guide and weekly bonus workouts.

Challenge runs to 18th June.

**For information, contact:**

Fit and Fab on 7977 0918



## “CAPOEIRA”

School to host “Capoeira” workshop.

“Combines self-defence with music, dance, and acrobatics,” says João Paulo Ramalho.

Workshop attracts masters from around the world.

Belt grading also taking place is open for public viewing.

Event is happening 7th to 9th June.

Classes are held at Body Works in St. Julian’s.

**For information, contact:**

Capoeira Nagô on 9909 6496