



## “AIKIDO”

Martial arts club is opening its doors for a free “intro” session.

“Course aims to familiarise an adult with the Art of Aikido and martial arts in general,” says Kevin Bonanno.

Instructors provide a step-by-step technical program. “Develop a fitter, suppler and stronger body with improved flexibility, reflexes and reactions.”

Free session is held at the dojo located in Hamrun on 11th March.

Wear loose comfortable clothing.

**For information, contact:**

Yamato Dojo at aikidomalta.net



## “TAEKWONDO”

Club hosts an introductory “seminar”.

“High-paced combat sport and martial art. The activity in itself has been known to burn up to 900 calories per hour,” says Gianluca Barbara.

Taekwondo is a Korean martial art, literally translated as ‘the way of the fist and foot’.

Seminar topics include nutrition and physical activity for fat loss.

Members can now access new website features, “Premium tools that will give you the guidance you need to maintain the health of you and your family.”

Training takes place at the Dojang Monday, Tuesday and Thursday at 7pm.

**For information, contact:**

Santa Venera Taekwondo on 9940 5186



## “FITBODY”

Yoga studio now offers “FitBody” class.

“Excited to introduce new classes at my studio. Source of exercise and stress reduction. Staying fit and healthy should always be your number one priority,” says Silvana Kaiser, the host and yoga teacher.

FitBody incorporates a mixture of High Intensity Interval Training (HIIT) featuring body weight exercises. Focusing on body toning, muscle strengthening, fat burning and conditioning.

Instructor Marica teaches FitBody on Tuesday 9:30am and Saturday 7:15am, followed by a yoga session with Silvana at 8:30am.

Suitable for beginners.

Fitness studio located in Msida.

**For information, contact:**

Yoga at Harmony on 2133 2302



## “YOGA” SCHEDULE

Yoga teacher announces “additional” classes are now available.

“Practice of asanas (poses), breathing techniques and meditation is a great way to tone the body as well as the mind,” says Silvana Kaiser.

Class now also on Wednesday at 6:30pm and Saturday 8:30am.

Every yoga session is followed by a 20 minute meditation, “It is a state on borderline of sleep and wake fullness. It’s nothing but perfect relaxation.”

Suitable for all levels.

One-to-one class is also available on request.

Studio is located in Msida.

**For information, contact:**

Yoga at Harmony on 2133 2302





## “LEGEA”

Italian sports brand, “Legea” now available at brand new outlets.

“Tracksuits, leggings, kids clothing and many more where to choose,” says the brand specialist.

Range includes various sportswear from leisure to sport specific, as well as, speciality items including headphone jackets.

Outlets are now open in Naxxar and Fgura.

Stores open Monday to Saturday, mornings and evenings.

**For information, contact:**

Legea Malta on 2702 2689



## “RUSH”

Fitness apparel specialist opens shop in Valletta.

“We place great importance on customer satisfaction and providing the most efficient service possible,” says the brand specialist.

Latest in Nike, Adidas and Converse for her and for him now in-store.

Opening hours are Monday to Saturday 9am to 1pm, 4pm to 7pm.

Shop is located on Melita Street.

Also located in Mosta.

**For information, contact:**

Rush Sport on 2122 5623