



“CLIMBING”

Specialist in “outdoor” climbing hosts introductory event.

“Participants will be able to try their hand at top-rope climbing on natural walls,” says the specialist.

No experience necessary, climbing approximately 12 meters high.

Necessary material is provided.

Event in collaboration with Decathlon Malta.

Upcoming event dates to be announced.

For information, contact:

Vertical Climbing Malta on 7936 1216



“WAKEBOARD”

Coach offers beginners to “Wakeboarding” lessons.

“Surfer lifestyle is unique and connects you deeply with nature. Water sport activities to enjoy the sea to its fullest,” says Valerio Cicconi.

Maximum two students per lesson, ensuring personal attention.

State-of-the-art communication system with instructor, while on the water.

Also provided is life jacket and wakeboard.

For information, contact:

Malta Surf School on 7902 4009



“BUNGEE FLY”

Fitness specialist offers “Bungee Fly” for beginner.

“Build strength in your whole body, improve your core abdominal, also be great for cardiovascular conditioning,” says the specialist.

Full-body workout is easy on joints, elevates heart rate for improved cardiovascular health, enhances balance and coordination, boosts mood and builds a strong core.

Specialised gym is located in Sliema.

Reminder to check the opening hours.

For information, contact:

Bungee Fly and Trapeze Yoga on 9960 9721



“DECATHLON”

Mega fitness store is now “renovated”.

“Energetic, cheerful, sport enthusiastic people who help making sport accessible,” says the specialist.

Sports categories include football; cycling; trekking; nature sports; racket sports; running; Pilates; water sports and swimming.

Equipment and gear for women, men, teens and children.

Centrally located at Centrepark shopping complex in Qormi.

Free underground parking is available.

Reminder to check the opening hours.

For information, contact:

Decathlon Malta on 2095 9400



Luxury & Specialty Gifts anytime you need to, get it [here]



“OCR”

Tarxien gym “FitLab” transforms space.

“Discover the holistic stress-relieving advantages of regular exercise,” says the specialist.

Specialist in Obstacle Course Race (OCR) training, using different stations to improve strength and endurance, skills and techniques.

Reminder to check the opening hours.

For information, contact:

FitLab on 7983 5493

“MILITARY” ENDURANCE

Gym hosts “Military Endurance” training specialist.

“Whether you want to loose weight, gain weight or muscle or better yet build strength,” says Sarah Micallef.

Personal training, group sessions and packages available.

Fun runs held outdoors for free at various locations and times on regular basis.

Fitness and nutrition specialist based at MyGym in Marsa.

For information, contact:

Military Endurance on 2762 5266