

HARAKATI BARAKATI SCHEDULE

Monday	Tuesday	Wednesday
11:00-12:00 Strength	11:00-12:00 HIIT	11:00-12:00 Strength
15:00-16:00 Functional	15:00-16:00 Mobility	15:00-16:00 Functional

Thursday	Saturday	Sunday
11:00-12:00 HIIT	11:00-12:00 Strength	11:00-12:00 HIIT
15:00-16:00 Mobility	15:00-16:00 Functional	15:00-16:00 Mobility

Strength Training

Build total-body strength, improve muscle tone, and increase functional fitness with progressive resistance exercises suitable for all levels.

Mobility

Improve flexibility, posture, and joint health through guided stretching and mobility drills to help you move freely and recover faster.

HIIT

A high-energy interval workout designed to boost endurance, burn calories, and challenge your full body in just one hour.

Functional

A full-body workout focused on building strength, balance, endurance, and everyday movement. Using functional exercises and a variety of equipment, you'll improve fitness, coordination, and mobility in a fun and supportive group setting. Suitable for all fitness levels.

Personal Training

Available Sunday-Thursday & Saturday. Every session is tailored to your goals, fitness level, and progress - \$30 per session