

TABALLER

TABATA AND BASKETBALL SHOOTING FUSION FITNESS CLASSES



HIGHLIGHTS

Conducted uniquely in SWISH Factory shooting bays to integrate basketball shots throughout the entire routine

Led by Certified Fitness Instructors Kayla and Raul Pacheco

Customized cardio acceleration bodyweight routines meant to push you to your max

Format: Warmup, Tabata Style Routine, Cooldown

Focused on young adults (12+)/adults, basketball players and fitness enthusiasts!