

MON	TUES	WEDS	THURS	FRI	SAT
<u>7.20</u> Cross Train	<u>7.20</u> Cross Train	<u>7.20</u> Cross Train	<u>7.20</u> Cross Train	<u>7.20</u> Cross Train	
<u>8.20</u> Cross Train	<u>8.20</u> Cross Train	<u>8.20</u> Cross Train	<u>8.20</u> Cross Train	<u>8.20</u> Cross Train	
<u>9.30</u> Cross Train	<u>9.30</u> Cross Train	<u>9.30</u> Cross Train	<u>9.30</u> Cross Train	<u>9.30</u> Cross Train	<u>10.00</u> Cross Train
<u>10.30</u> Mature Movers		<u>10.30</u> Mature Movers		<u>10.30</u> Pilates	
<u>17.10</u> Cross Train	<u>17.10</u> Cross Train	<u>17.10</u> Cross Train	<u>17.10</u> Cross Train	<u>17.10</u> Cross Train	
<u>18.20</u> Cross Train	<u>18.30</u> Pilates	<u>18.20</u> Cross Train	<u>18.20</u> Cross Train	<u>18.20</u> Cross Train	
<u>19.30</u> Cross Train	<u>19.30</u> Cross Train		<u>19.30</u> Cross Train		

# Welcome to The Tribe Bootkamp

## Your Fitness Journey Starts Here!

### Class Descriptions

#### **Cross Train**

A Functional Cross Training class designed for all ages and fitness levels. Improve strength, mobility, and endurance with dynamic, full-body workouts tailored to help you move better and feel stronger in everyday life.

#### **Pilates**

Pilates classes for all ages and fitness levels, focusing on core strength, mobility, and flexibility. Enhance posture, balance, and overall body control with low-impact, effective movements

#### **Mature Movers**

Gentle strength and conditioning for 50+ to build muscle, improve mobility, and address body-specific concerns

### Membership Options

Monthly Unlimited: €60

Drop-in Class: €10

5-Class Pass: €40

10-Class Pass: €75

#### **Referral Program**

Bring a friend and get 10% off your next month!

### Contact Us

 **WhatsApp: +34 744612986**

 **Email: [info@thetribebookamp.com](mailto:info@thetribebookamp.com)**

 **Website: [www.thetribebookamp.com](http://www.thetribebookamp.com)**

 **Location: Calle Esmeralda 1,**

**Riviera del Sol, Mijas Costa, Malaga**

Follow us on social media for updates, tips, and special offers!

*"Your future self will thank you for the work you put in today."*