

RIAD ZHOR

Maison de Famille

Your sports session at the Riad

With our certified coach (terrace session)

Morning 7h30/8h or Afternoon 16h/16h30
from 1 to 4 people max

CROSS FIT at 250Dh/25€ per person (duration 60 MIN)

Intense multidisciplinary training session
combining muscular strength and cardio

BODY PUMP at 200Dh/20€ per person (duration 45 MIN)

Complete fitness class, with music
muscular reinforcement

FULL BODY 200Dh/20€ (duration 45 MIN)

Work of the whole muscular chain
in a single workout for a balanced body

Each class includes a session of abdominals and stretching of at least 20 min.

ABS WORKOUT FOCUS 150Dh/15€ (duration 45 MIN)

A complete training
of abdominal exercises

All the sessions are supervised by Oussama, a qualified coach in bodybuilding and fitness, and several times medalist (Boxing, Full contact and Fitness).
A small bottle of water and a towel are included for each class.