

ONLINE TRAINING

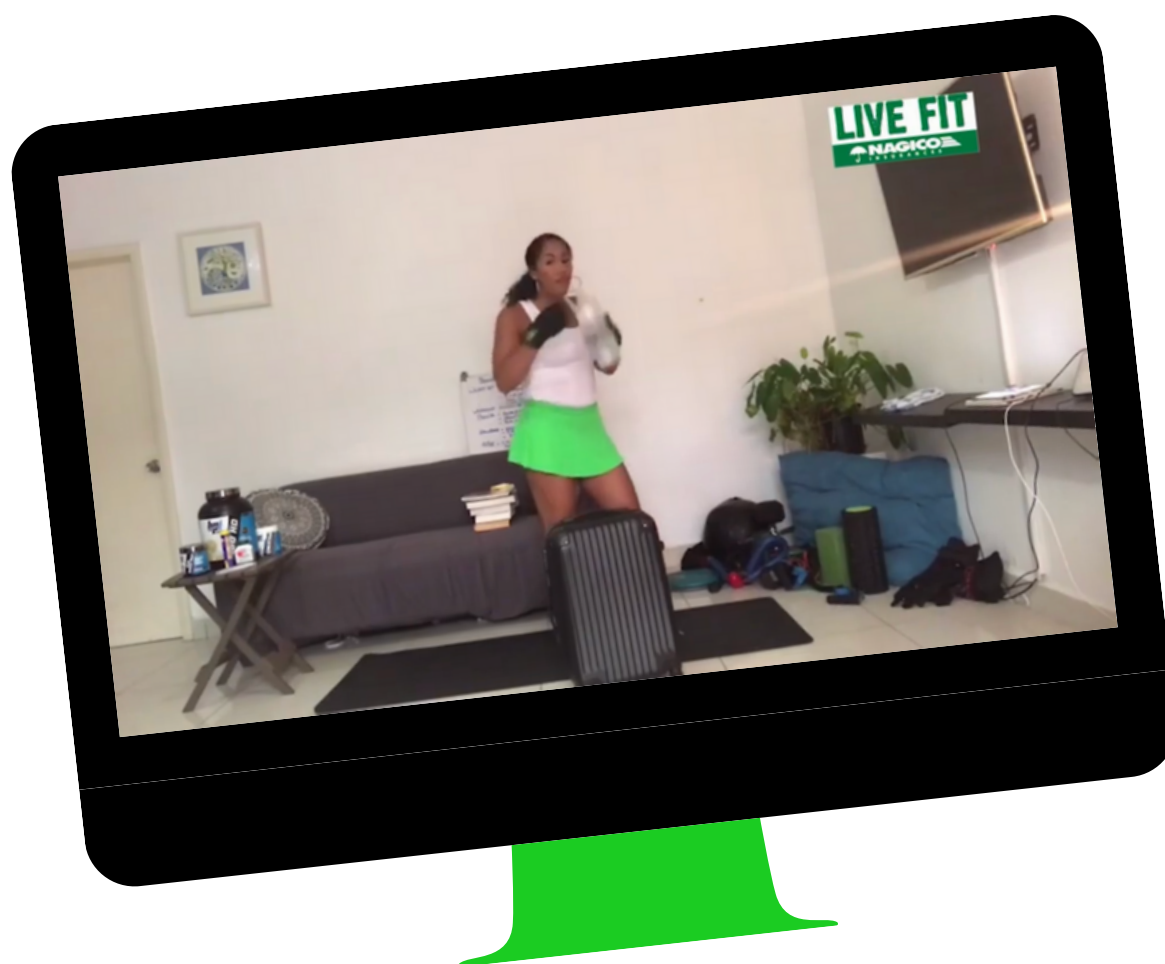
SAFE & EFFECTIVE



How it works?



How long are the classes?



**THE CLASSES ARE
30 MINUTES**

**FROM
HOME**

C.H.A.W.FITNESS B.V. | info@chawfitness.com | +31687614451

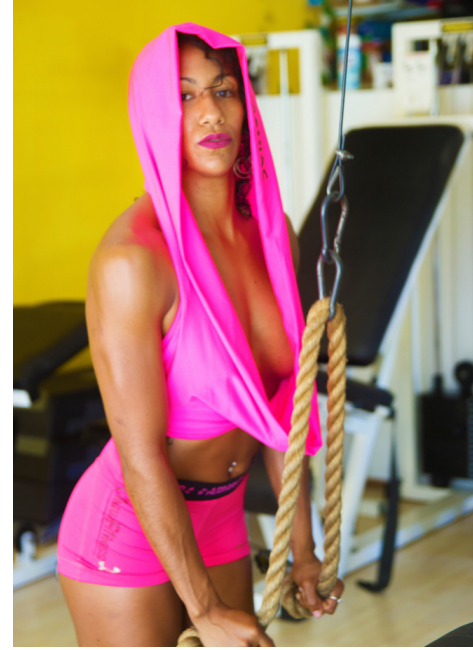


CLASSES

The classes consist of:

- Bodyweight,
- Functional and
- Pilates exercises





WHO CAN JOIN US!

**Anyone can join from all over the world.
Just keep track of the different time zone.**

Men & women

From 12 years to 80 years





PACKAGES!

**We have only one monthly
package
of 2 times per week**

First Class Free



WEEKLY TRAINING SCHEDULE



**Time zone:
EUR [NL]**

**CHAWFITNESS
Online schedule**



+31687614451



TUESDAY

**ONLINE PILATES/HIIT GROUP
FULL BODY WORKOUT
7PM**

THURSDAY

**ONLINE PILATES/ HIIT GROUP
FULL BODY WORKOUT
11:30AM AND 7 PM**

SATURDAY

**ONLINE PILATES/ HIIT GROUP
FULL BODY WORKOUT
2PM**





HOW IT WORKS!



Once you sign up , you get added to our
whatsapp group.

Here we share the **link** and we keep in
contact with other members. We work with
Zoom and Teams depending on the time
you join.

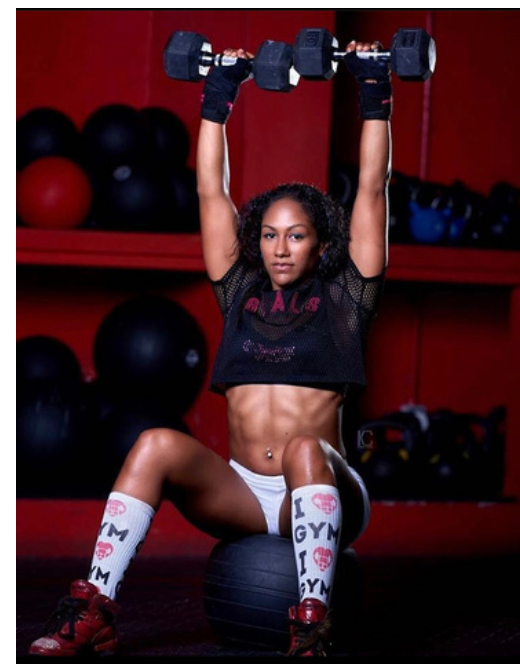


WHAT DO YOU NEED FOR THE CLASS

**You can start with 0 equipment, but for better results we
recommend the following:**

- Yoga Mat
- Dumbbells from 3KG
- Broom stick
- Step
- chair
- Wall
- Kettlebells
- Booty band
- Resistance band
- Stability ball





EXTRA'S

Next to the zoom classes it is important to eat accordingly to get the best results
GET YOUR OWN CUSTOMIZED Meal Plan

Breakfast	whole eggs, scrambled	1 large	91 cal
7:00	blueberries	1/2 Cup(x)	41 cal
AM	oatmeal, steel cut	2/3 Cup(x)	400 cal
	drinking water	2 Cup(x)	0 cal

Calories 532 cal / **Carbs** 83 g (63%) / **Protein** 20 g (15%) / **Fat** 14 g (23%) / **Fluid** 20

Snack	tangerines/ mandarin oranges	1 medium	45 cal
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PAYMENT OPTIONS



info@chawfitness.com

Please add 5% extra for paypal cost **



ABN-AMRO

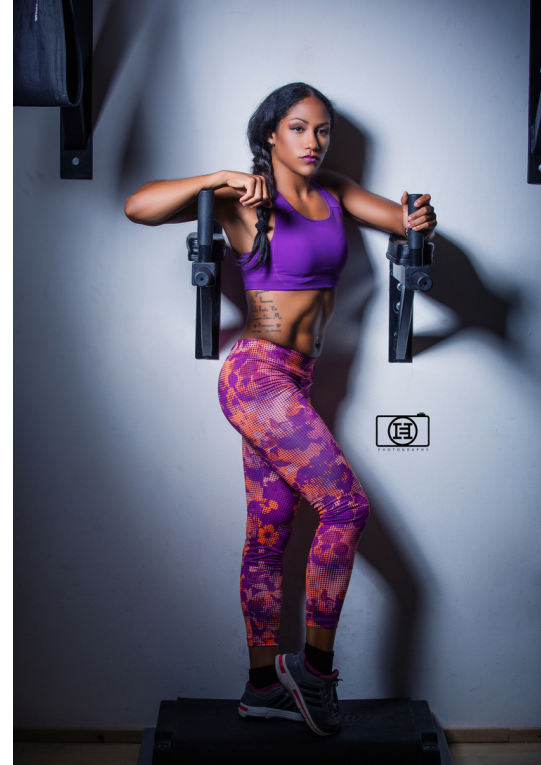
CHAWFITNESS

IBAN: NL03ABNA0120623692



Thank you for being a member of CHAWFITNESS

www.chawfitness.com | info@chawfitness.com | 0687614451



PAYMENT POLICY

Always pay on the same day that you start. If you miss a class there is no refund.

Please pay before the 5th of every month



CANCELLATION POLICY

THE CLASS IS AUTOMATICALLY CANCELLED IF THERE ARE LESS THAN 2 PARTICIPANTS. (UNLESS THE TEAM EXCIST IN JUST 2 PERSONS)

CANCEL YOUR CLASS AT LEAST 6 HOURS BEFORE THE CLASS STARTS SO WE KNOW IF THEIR WILL BE ENOUGH PARTICIPANTS TO JOIN THE CLASS