



ORYZA SPA

Personal Training



- Injury prevention
- Postural Assessments
- Weight Loss
- Muscle Gain
- Core Stability
- Motivation
- Joint Mobilisation
- Exercise Routines
- Cardio Boxing
- TRX
- Sport Specific Training

One-on-one training with Domingos our resident trainer the perfect combination stretching and personal training No session will be the same: Train with an expert and maximize your results, learn optimal exercises to enhance your lifestyle

Just get it Done
Domingos Folgado