

FITNESS CAMP FOR EVERYONE

Whether you're a novice taking the first steps toward fitness or an exercise fanatic hoping to optimize your results, a well-rounded professional fitness training program is essential. At NIKKY SPORTS, the Fitness Camp program has been putting men and women of all fitness levels and ages through their paces, since 2005!

We love training outdoors all year round and Nikky is fantastic at motivating and encouraging you to reach your limits in a fun way! even for people that want an enjoyable exercise workout in the open fresh air instead of being stuck in a freezing cold air-conditioned gym.

Location: Safa Park (between Sheikh Zayed & Al Wasl Roads) outside gate no.5 in the parking area.

Training Plan include:

- **Leg Work (Jogging, Sprinting & Squats)**
- **Upper Body Exercises (Push-ups, Bench Dips & Planks)**
- **Abdominals (Core-Work, Sit-ups & Stretching)**

Training Schedule:

- **Mixed Group:**

Sunday	19:00 - 20:30 hours
Monday	20:00 - 21:30 hours
Tuesday	20:00 - 21:30 hours
Wednesday	19:00 - 20:30 hours
- **Ladies Only:** Sunday & Wednesday 20:30 - 21:30 hours

To get fit, stay fit and most importantly: to have fun at the same time!
Reach Nikky at 050 45 07 762 / info@nikky-sports.com



Get Professional Help with Your Next Big Step!



SQUASH

Squash Coaching for Everyone
(Squash Fitness, Court Training & Match Play)

Private Individual Lessons & Group Sessions:
- Beginners, Intermediate & Advanced Coaching for Mens, Ladies, Teenagers, Juniors and Infants.



RUNNING

Running Training for All Ages
(Sprinting, Medal and Long Distance Training)

- Individual or Group Sessions
- Speedwork for Competitive Runners from 100 meters to a Marathon.
- Every Friday, Saturday and Tuesday's



FITNESS

Fitness Camp for Everyone

- Ladies Groups - Mens groups - Mixed Groups

Every Sunday, Monday, Tuesday and Wednesdays at Safa Park (opp. Sheikh Zayed Road) outside Gate no. 5 in the Parking area.

Soccer Camp for Kids & Teenagers

- Soccer training for children's aged 7 - 14

Every Friday and Saturdays 10:00 - 11:00 & 11:00 - 12:00 hours at Safa Park, Gate no. 2 (Al Wasl Road)