

01 Nov 2021: 30 Days Functional Fitness Training for College Staff

Bishop Moore College, Mavelikara
Physical Education

Yoga
Aerobics
Resistance Training
Cross Training
calisthenics
Recreational Games

From 1st Nov 2021
For College Staff only

**FUNCTIONAL
FITNESS
TRAINING**

30 Days

REGISTER

9447803873
(Maj.Cigi P George)
9747251629 (Jils Varghese)

**WISH FOR IT
WORK FOR IT
SWEAT FOR IT....**

