



Ground Floor Unit 5
Viceroy House Mountbatten Business Centre
Southampton, , United Kingdom SO15 1HY
United Kingdom

Phone: 07912255823

With the busy life and work it is very difficult to find some time for exercising and generally speaking for yourself. That is why I help people and business owners to incorporate the fitness activities into their weekly schedule without disturbing with their everyday tasks. I work face to face with my clients as well as online. I run group workshops where we learn about the importance of activities, nutrition, sleep, recovery, habits and lifestyle. I also provide fitness classes and much more. If you want to find out more about how I can help you, please get in touch and we will book the time to have a quick chat

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