

REAL TRAINING REAL RESULTS



PERSONAL TRAINING

Giannis: Seasoned Professional Athlete and Sport and Exercise Science Expert

- Achievements: 2x European, 2x British, and 1x Greek Kickboxing Champion

- Education: BSc Sport & Exercise Science

- Expertise: Level 4 Strength and Conditioning certification, Level 3 Personal Training

He has successfully transformed elite athletes and children into World Champions. Giannis is not just a trainer; he's a passionate mentor committed to making lasting changes in your life. Join his proven system, meticulously designed to provide the knowledge, tools, and support needed for unparalleled results.

**DON'T MISS THE OPPORTUNITY TO TRAIN WITH A CHAMPION
AND ELEVATE YOUR FITNESS JOURNEY**



THE SERVICES WE OFFER

- ✓ PERSONAL TRAINING
- ✓ WEIGHT LOSS
- ✓ WEIGHT TRAINING
- ✓ CARDIOVASCULAR TRAINING
- ✓ STRENGTH & CONDITIONING
- ✓ KICK BOXING/BOXING
- ✓ OLYMPIC WEIGHTLIFTING
- ✓ NUTRITIONAL ADVISE



SCAN ME

CONTACT GIANNIS NOW!

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