



INDOOR EXERCISE BATCH

Connect with your **Mind, Body, and Soul**
with our **Indoor Fitness Batch**

Scientifically Designed Workouts
by **Namrata Sheth**
to improve your **Strength, Movement**
and **Mobility, Balance, Energy** and
Executed by **Certified Trainers** Mauli & Pooja

+
Exclusive Sessions by Namrata
on

1. Nutrition + Lifestyle Management

2. Movement & Mobility session

(with Props – Inspired by Iyengar Yoga)

BATCHES

Monday, Wednesday & Friday

10:00 am – 11:00 am OR 11:15 am to 12:15 pm

Limited Seats - 6 persons/Batch

Venue: 403, Akshar Stadia
Bodakdev, Ahmedabad - 380054

For more details please get in touch with us
(M) 9909022905 (O) 079 48911905



namrata.sheth3



sheth.namrata



+91 99090 22905



namratasheth.com



+91 79 48911905