



**FITNESS VEDHA**  
— WHERE FITNESS IS A LIFE STYLE —



**OUTDOOR**  
***FITNESS***  
**TRAINING**

## Botanical Garden

Slot 1: 6 AM - 7AM

Slot 2: 7 AM - 8AM

Monday | Wednesday  
| Friday | Sunday

## Malkam Cheruvu Park

Slot 1: 6 AM - 7AM

Slot 2: 7 AM - 8AM

Tuesday | Thursday  
| Saturday | Sunday

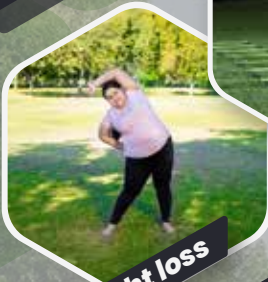


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Weight loss



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Cardio

Crossfit

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