

ELEVATE FITNESS

with ANDREA STUTO

20th December 2023 to 20th January 2024



“Fitness is a state of mind.”

Raise your fitness game to new heights with Andrea Stuto.

Based in Italy, Andrea is a highly accomplished Technogym Master Trainer and Skillathletic Coach. Designed around efficiency and technique, Skillathletic is an advanced method for athletic performance training.

With a strong background as a former professional beach tennis athlete and head coach at the BTS Beach Tennis School, Andrea brings a world of experience to fitness education. He also holds a master’s degree in Sports Science and Techniques.

Under Andrea’s careful guidance, you can develop multiple components of physical fitness to enhance your overall performance.

JOALI BEING

Fitness Screening

Create a strong foundation for enhancing your overall fitness level and performance. Andrea will work closely with you to identify specific areas that require attention, covering aerobics, mobility and strength.

45 mins
USD 200

Performance Training

This session focuses on fortifying your general strength and elevating your performance. Andrea incorporates a series of athletic training exercises and drills into this workout.

60 mins
USD 300

Core Lifting

Elevate your strength and stamina in this invigorating 60-minute Core Lifting session. Tailored to enhance your core muscles, this workout challenges and empowers you to achieve a heightened level of fitness, leaving you feeling energised and accomplished.

60 mins
USD 300

Functional Mobility

Embrace enhanced mobility and flexibility with our 60-minute Functional Mobility session. Designed to optimise your body's range of motion, this session empowers you to move more freely and efficiently, promoting overall wellbeing and an active lifestyle.

60 mins
USD 300

JOALI BEING

*Please contact your Jadugar to book a session with Andrea
All prices subject to 10 percent Service Charge and 16 percent Government Tax*