

## Home

### Description

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[/vc\_wp\_text][vc\_video link="https://youtu.be/h-\_bnXFO7e0?"][/vc\_column][vc\_column width="1/3? css=".vc\_custom\_1661015291718{background-color: #ffffff !important;}"][vc\_wp\_text title="KICKBOXING"]Kickboxing is a full contact combat sequence which involves the combination of boxing and power kicks. It is the most recent category introduced to the Martial Arts. We provide essential support and proper guidance to the trainees for their holistic development.[/vc\_wp\_text][vc\_video link="https://youtu.be/ITf4wrcuoeg"][/vc\_column][/vc\_row][vc\_row full\_width="stretch\_row\_content" equal\_height="yes" css=".vc\_custom\_1483361596108{background-color: #f5f5f5 !important;}"][vc\_column width="1/3? css=".vc\_custom\_1661003828667{padding-top: 20px !important;padding-bottom: 10px !important;background-color: #ffffff !important;}" el\_class="fitness-col"][vc\_wp\_text title="CAPOEIRA"]Capoeira is a Brazilian form of Martial Arts that integrates dance, music and acrobatics. It involves complex movements and sudden inverted kicks with the hands on ground that makes a huge impact.[/vc\_wp\_text][vc\_video link="https://youtu.be/4hhws5avPlg"][/vc\_column][vc\_column width="1/3? css=".vc\_custom\_1661015607646{background-color: #ffffff !important;}"][vc\_wp\_text title="DANCE"]Dance is a way to express your feelings and emotions. It represents the words that can't be spoken. This is the reason why it is categorised into performing arts. We at The Champ provide kids the exposure they need to build up their confidence and ability to perform at any stage.[/vc\_wp\_text][vc\_video link="https://youtu.be/SluCMJ6hiuU"][/vc\_column][vc\_column width="1/3? css=".vc\_custom\_1661015643444{background-color: #ffffff !important;}"][vc\_wp\_text title="ZUMBA"]It is a fitness program that includes cardio exercises with Latin inspired dance. Zumba contains various

styles including different intensity, it also stimulates the metabolism of the body that further helps in body toning. We provide mix batch and ladies batch training[/

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[vc\_wp\_text title="FITNESS BOOTCAMP"]Anyone could be unfit, but being fit is a choice. It requires determination and discipline to make one's mind to become and stay fit. We at the champ provide mix batches as well as ladies batch.[/

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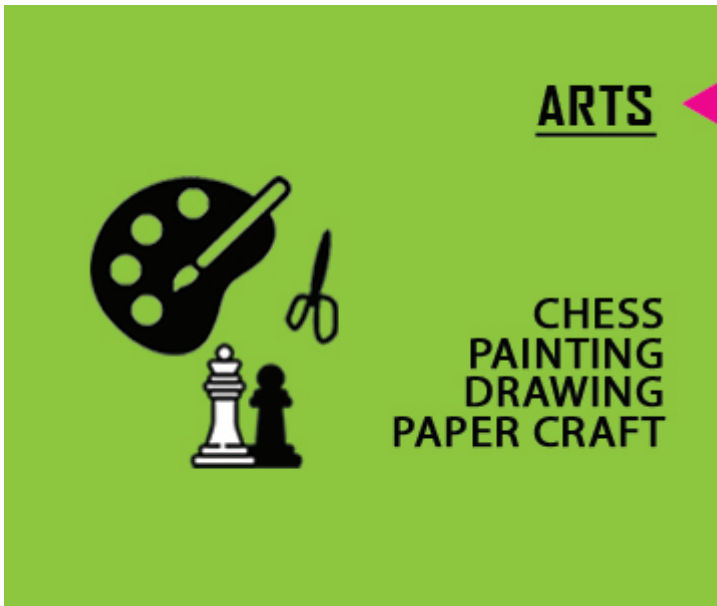
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### [SIGN UP](#)

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## FEATURED CLASSES



[Arts](#)



[Martial Arts](#)



## [Dance](#)



## [Fitness](#)

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## WHAT STUDENTS SAY

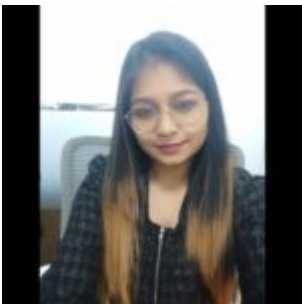


## Student

I came across champ by mistake on my Instagram page.. it came as a mere advertisement.. Lil did I know that I'll be part of this fun and joyful studio. I primarily joined dance ... Bcz it's my passion and later joined yoga bcz why not!.. Shino master is one of the best yoga teachers I have come across.. he makes each asana so easy for us to do .. so much that EVEN I DID A HEADSTAND!

Dance.. our dear sumit and Nagesh are one of the most hardworking choreographers I have come across... Thanks to their choreos and encouraging me to put up reels .. I can say I have inspired many to join dance inspite of my weight ?

Thank you Champ ! I am so glad I joined your studio???



## Dance Student

Thank you all for taking the time to read my review. Dance is something I am passionate about. The Free Dance Workshop advertisement caught my attention, and I found it to be well worth it. I joined the class the next day. The best part is that you will get focused training even in group practices. Find activities that fit your passion. A variety of activities are offered, including Zumba, Dance, Karate, and Kids' activities. Furthermore, with the friendly & professional atmosphere, you are likely to meet new people. The Champs welcome people of all ages. It's a great opportunity for you to make yourself healthy & happy. Join now & make yourself happy.



## Suhail Baksh

This place is awesome, my son is more focused and he understands things better now. This class has helped him out so much. My kid absolutely love it !The instructors are so great and patient with the kids. They have taught my son discipline and respect towards his fellow mates. I am happy to say my son is proud student of THE CHAMP. Thank you Champ.

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## Mohammad Vasim Assadi

Managing Director



## [HASRA SANA BANU](#)

Manager at The Champ, Al khuwair branch





## **MOHAMMED SHUHAIB**

Fitness Trainer & Administrator



## **GRADUADO GIGANTE**

Gymnastics & Capoeira Trainer



## DELICIOUS SAHADEVAN

Dance Teacher & Choreographer



## **SEEMA CHOUDHERY**

Dance Teacher & Choreographer



**JAVID JAFARI**

Karate and self defence



## **ARMAN EMAMI PAKDEHI**

Karate , physical education coaching



## **NAGESH GORAKH SHINDE**

Dance Trainer



## **SUMIT AHIRE**

Dance Trainer

## **Yogini Neha**

CERTIFIED YOGA TRAINER (Ms. India title winner - 2021, National level Judo player)





## **APOORVA RAI**



## **DEEPANSHU SHARMA**

Social Media Manager & Video Editor

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### **Date Created**

2016/12/13

### **Author**

admin