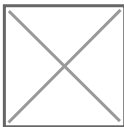


Home gym

Description

[vc_row][vc_column]



Women's Gym

Built for women. Driven by strength. Powered by community.

read more CAIFIT GYM CALFITGYM



special gym offer be strong and healthy Lorem ipsum dolor sit amet, consectetur adipiscing elit. Integer faucibus lectus quis lorem

molestie, eu egestas odio convallis. Suspendisse non varius enim read more [vc_custom_heading

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Whether you're looking for our regular pricing plans or exclusive special offers, we've got options that fit your goals and your budget. Start your fitness journey with the plan that's right for you.

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Regular Prices

Regular Prices

4 products

Special Offers

Special Offers

2 products

Kids Club

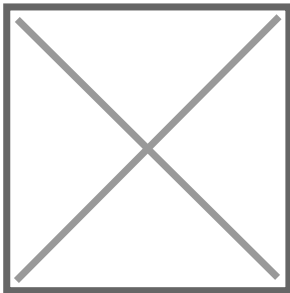
Kids Club

2 products

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Every corner of CalFit is designed to sculpt, sweat, and strengthen.

Choose your zone. Own your workout.[/vc_column_text][vc_column][vc_row][vc_row el_class="gym-tabs" width="1/3" css="".vc_custom_1481539458795{margin-bottom: 12px !important;}]

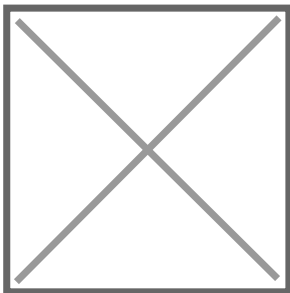


Aerobics Zone

For rhythm, flow, and full-body fun.

StickFit, Zumba, Yoga, Bellydance, and more – this is your space to move, sweat, and feel alive.

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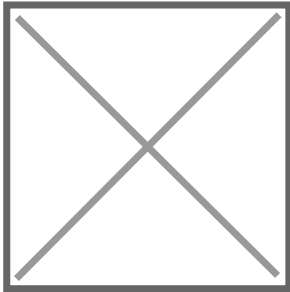


CrossFit Zone

Raw, real, and relentless.

Push boundaries with tires, ropes, explosive drills, box jumps, and body-sculpting circuits that redefine strength.

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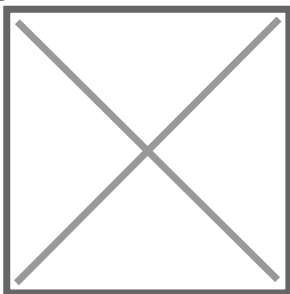


Cardio Zone

Burn fat. Boost stamina. Break limits.

Treadmills, ellipticals, bikes, and cross trainers designed for every pace and every goal.

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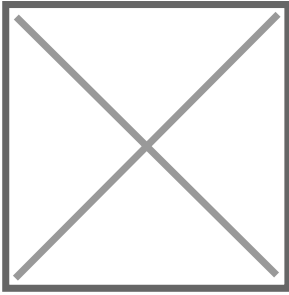


Spinning Zone

High-energy cardio in just 30 minutes.

Heart-pounding music, fast-paced cycling, and serious calorie burn â?? welcome to the ride of your life.

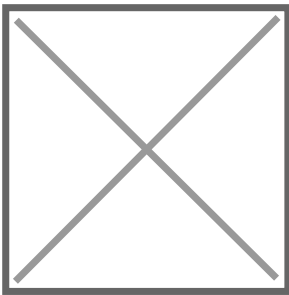
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Weight Machines Zone

Build, bulk, and level up your strength.
Target every muscle group with smart machines that support your form and maximize gains.

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default watermark

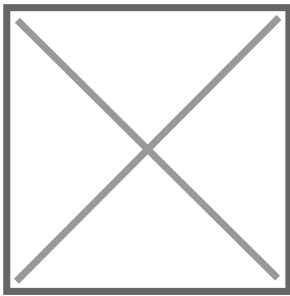
Free Weights Zone

For real control and raw power.
Dumbbells, barbells, benches, and more are ideal for dynamic exercises, toning, strength training, and deep stretching.

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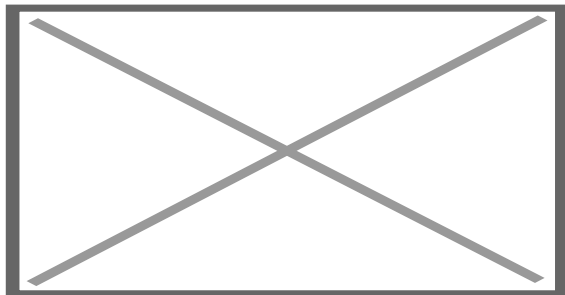


Pilates

Samantha Smith

11:20 â?? 12:20

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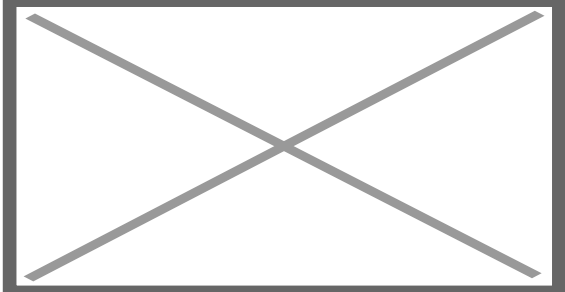
Group Fitness

Tony Askin
12:30 - 13:20
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Yoga

John Thompson
13:25 - 14:15
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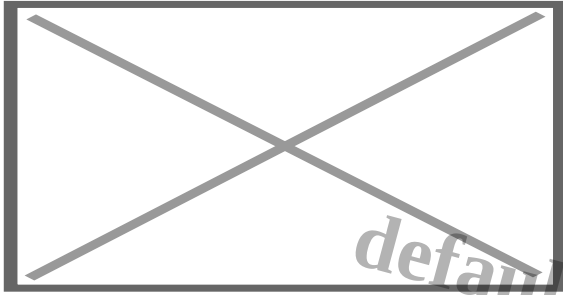


Box

Teana Gregor

14:25 à?? 15:15

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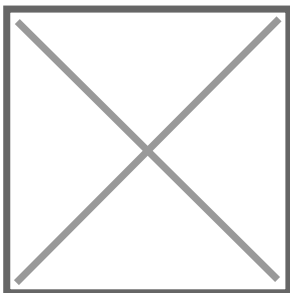
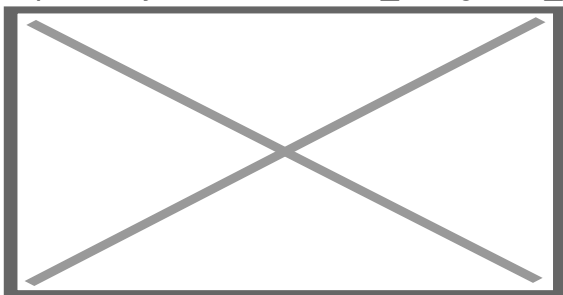


Yoga

John Thompson

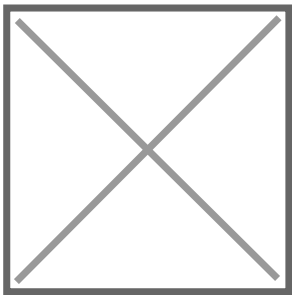
13:25 à?? 14:15

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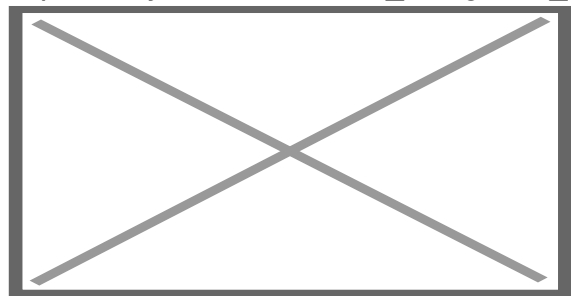
Zumba

Amanda Tinse
16:40 - 17:45
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Pilates

Teana Gregor
17:50 - 18:45
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Group Fitness

Tony Askin

18:50 - 19:55

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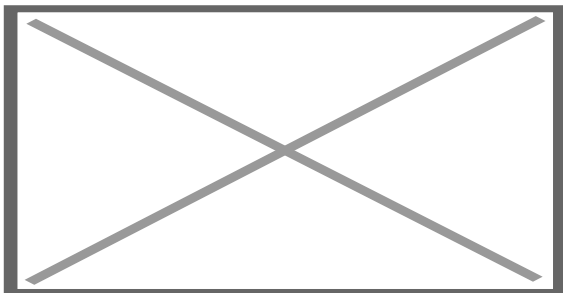


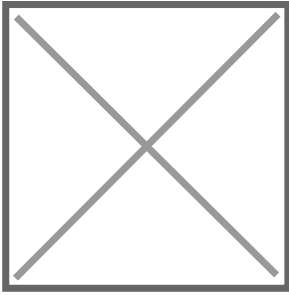
Yoga

John Thompson

13:25 - 14:15

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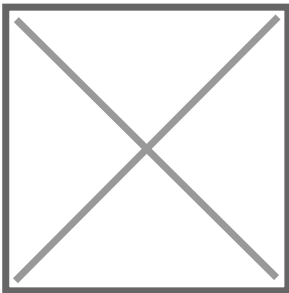
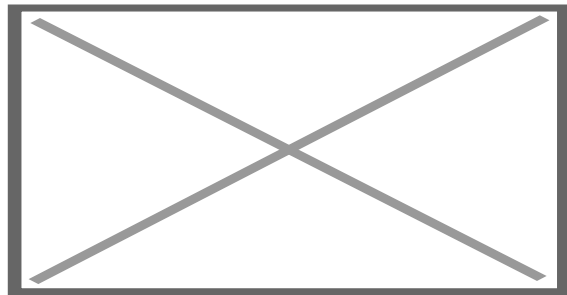


Zumba

Amanda Tinse

16:40 - 17:45

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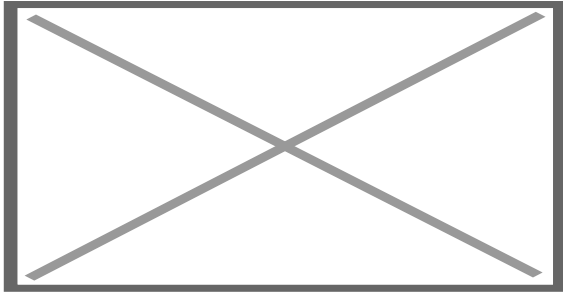


Pilates

Teana Gregor

17:50 - 18:45

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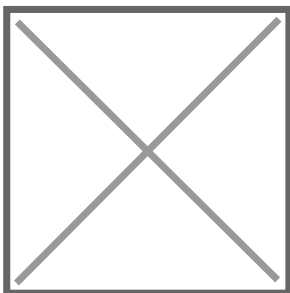
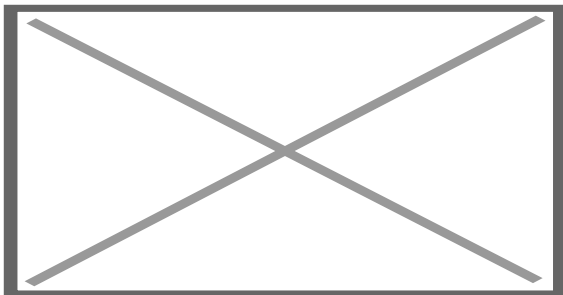


Group Fitness

Tony Askin

18:50 - 19:55

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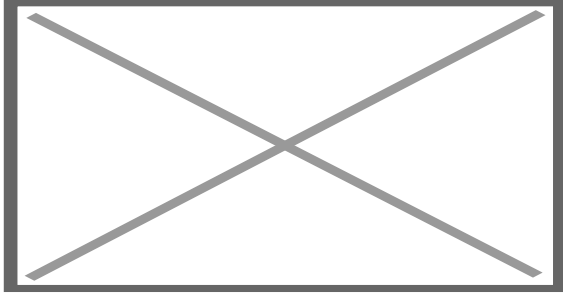
Pilates

Samantha Smith

11:20 - 12:20

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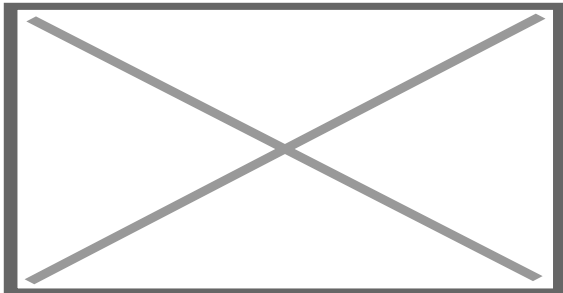


Group Fitness

Tony Askin

12:30 â?? 13:20

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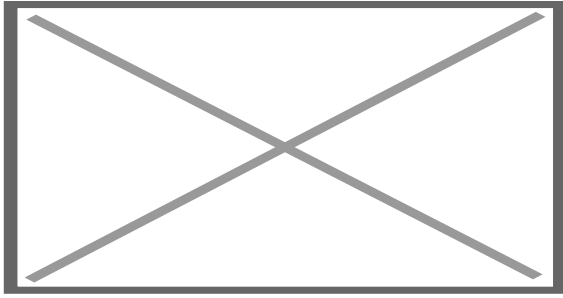


Yoga

John Thompson

13:25 â?? 14:15

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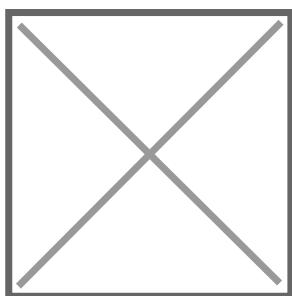
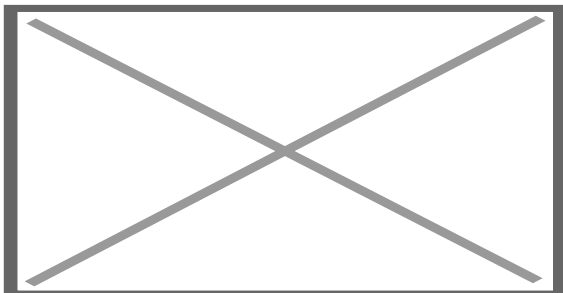


Box

Teana Gregor

14:25 - 15:15

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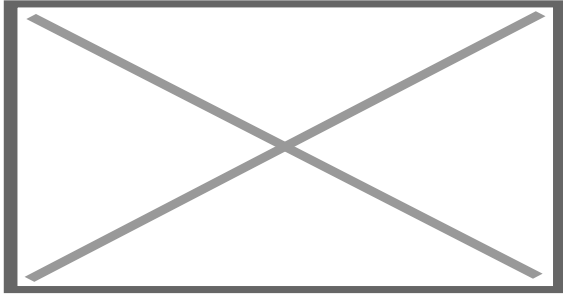
Pilates

Samantha Smith

11:20 - 12:20

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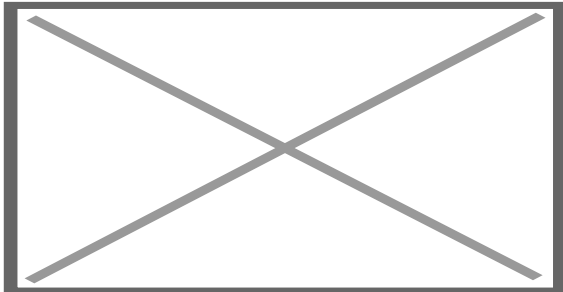


Box

Teana Gregor

14:25 â?? 15:15

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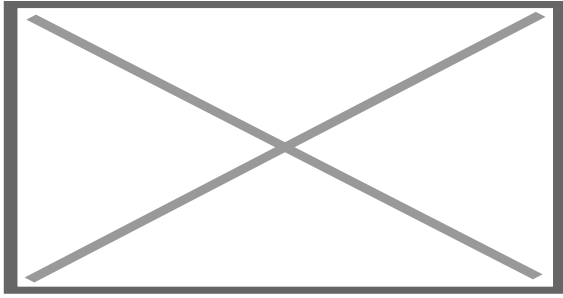


Yoga

John Thompson

13:25 â?? 14:15

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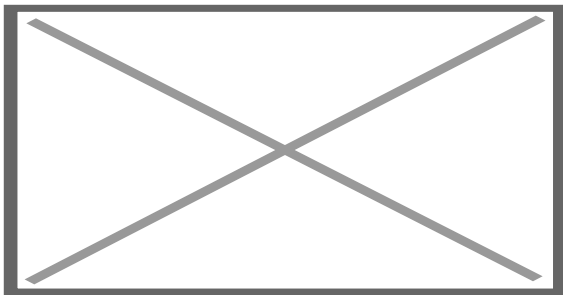


Group Fitness

Tony Askin

12:30 - 13:20

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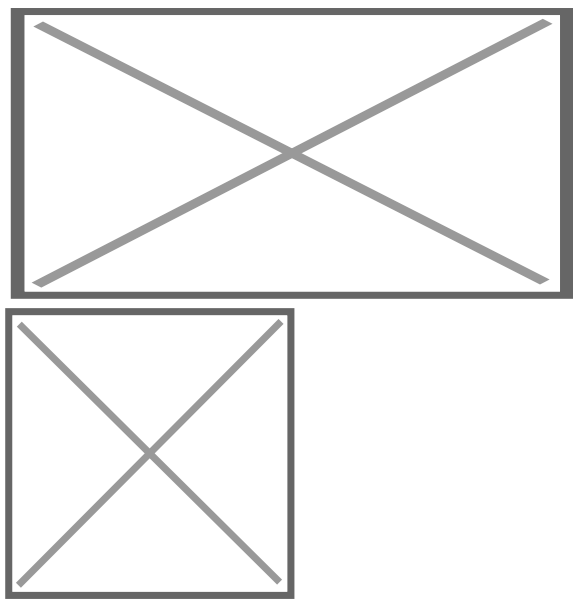


Yoga

John Thompson

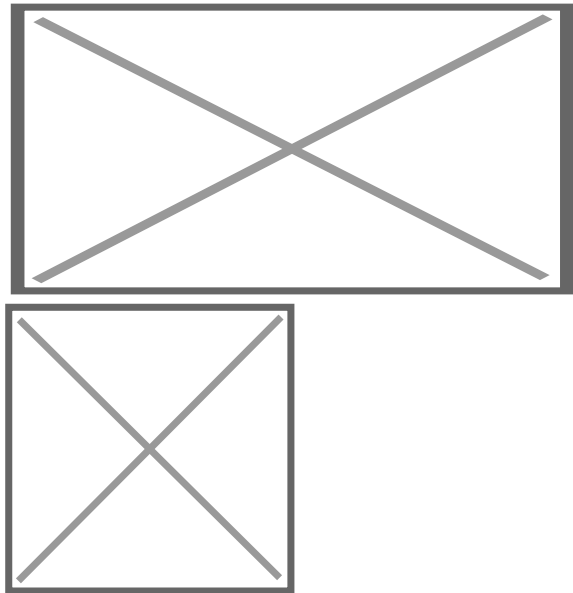
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Zumba

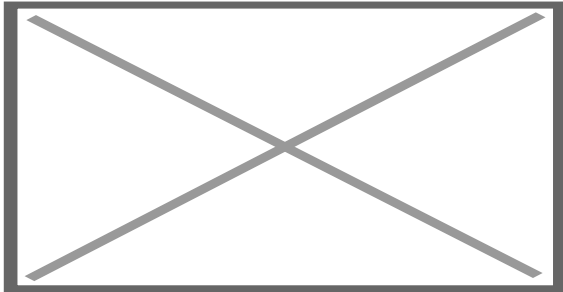
Amanda Tinse
16:40 - 17:45
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Pilates

Teana Gregor
17:50 - 18:45

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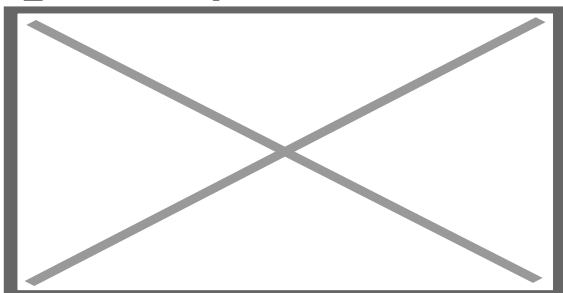


Group Fitness

Tony Askin

18:50 - 19:55

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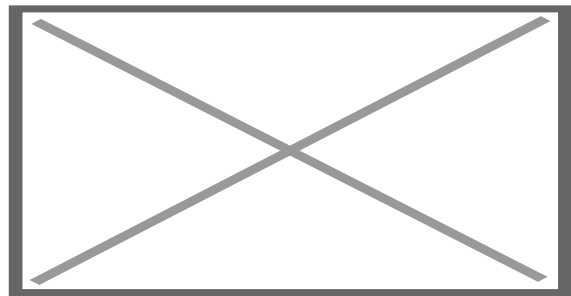
Yoga

John Thompson

13:25 - 14:15

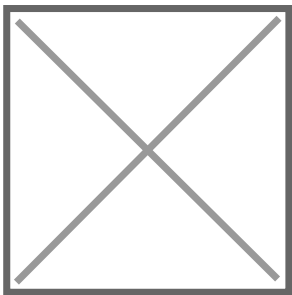
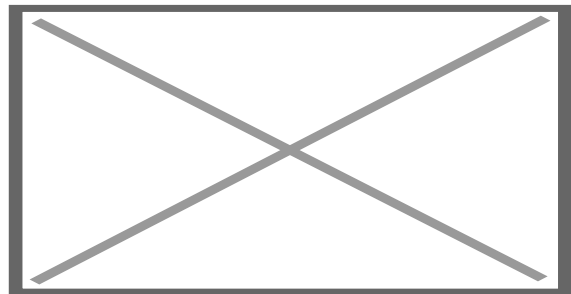
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Group Fitness

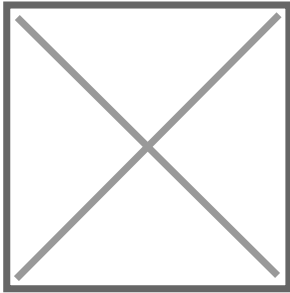
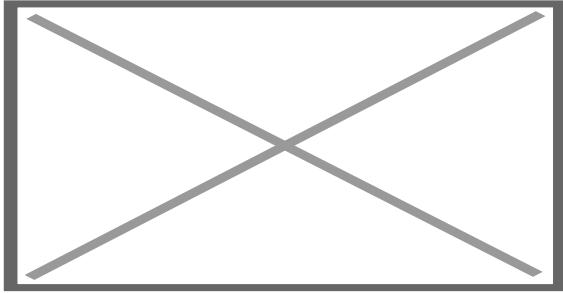
Tony Askin
18:50 â?? 19:55
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Pilates

Teana Gregor
17:50 â?? 18:45
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default watermark

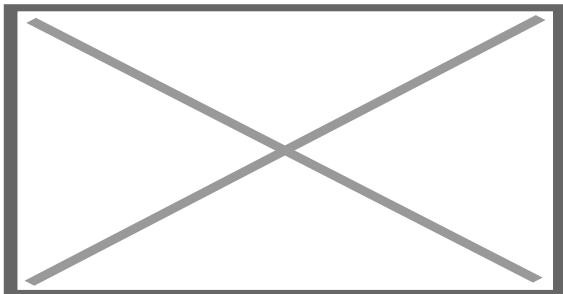
Zumba

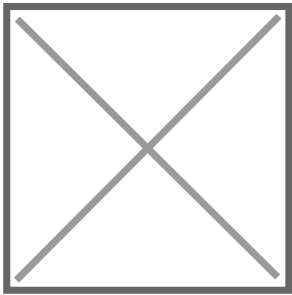
Amanda Tinse

16:40 â?? 17:45

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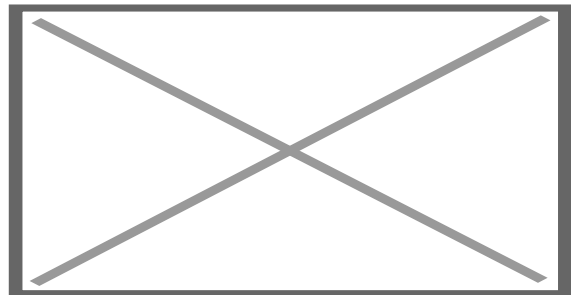
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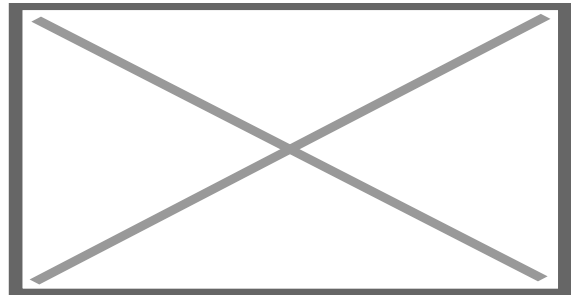
Pilates

Samantha Smith
11:20 - 12:20
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Group Fitness

Tony Askin
12:30 - 13:20
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Yoga

John Thompson

13:25 - 14:15

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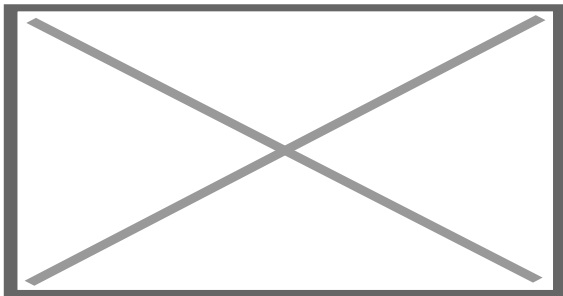


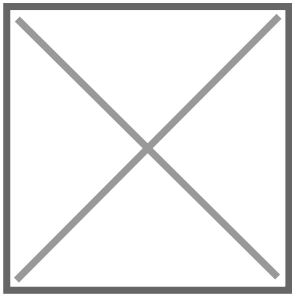
Box

Teana Gregor

14:25 - 15:15

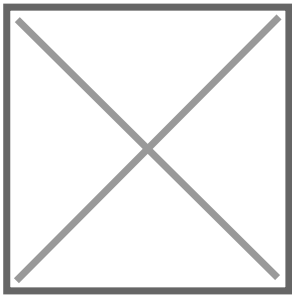
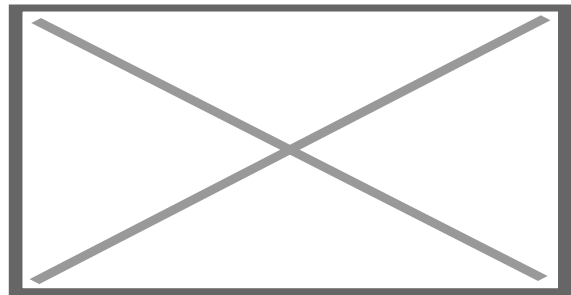
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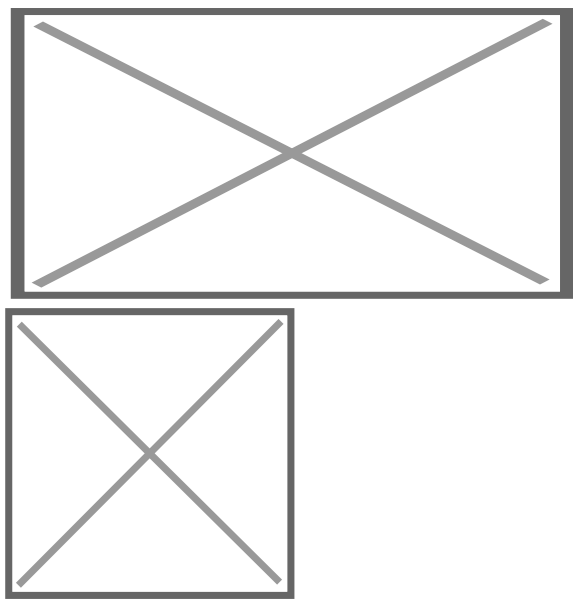
Pilates

Samantha Smith
11:20 - 12:20
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Zumba

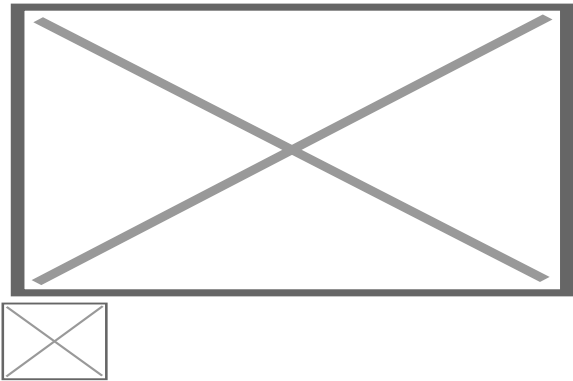
Amanda Tinse
16:40 - 17:45
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Pilates

Teana Gregor
17:50 - 18:45

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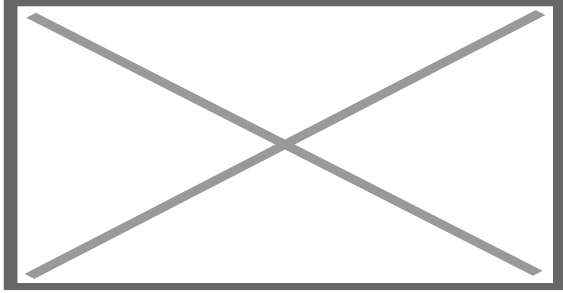


Box

Teana Gregor
14:25 - 15:15

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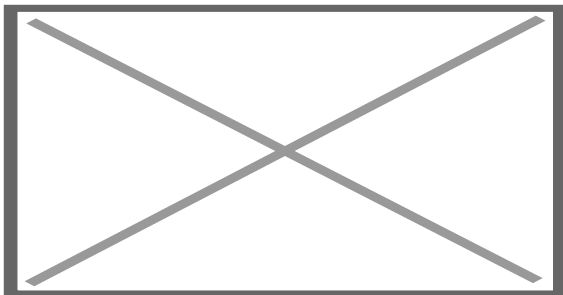
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Yoga

John Thompson
13:25 â?? 14:15

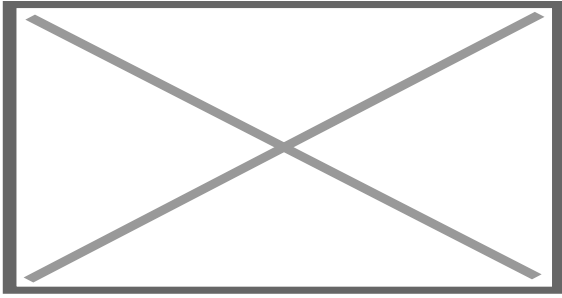
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Group Fitness

Tony Askin
12:30 â?? 13:20

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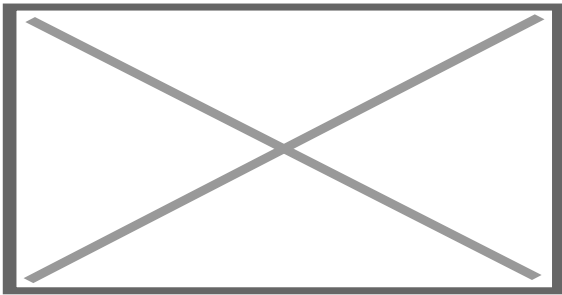


Yoga

John Thompson

13:25 - 14:15

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Group Fitness

Tony Askin

18:50 - 19:55

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1. **Whatâ?•s included in the membership?**

Your membership gives you full access to our gym facilities, including the spinning room, cardio zone, CrossFit room, free weights area, muscle-building machines, and more. It also includes group fitness classes, locker rooms, exclusive member offers, community events, a free InBody report, and a meeting with a trainer.

2. **Does my membership include a personal trainer?**

Membership does not include a dedicated personal trainer. However, you can book personal training sessions separately with one of our certified coaches at an additional cost. A package of 12 personal training sessions is available for 180 KD, or you can purchase a personalized fitness program with one session for 55 KD.

3. **Is daycare included with my membership?**

No. Daycare service is available for 30 KD per month, which includes 2 hours of daycare per day so you can work out worry-free while your little ones are cared for in a safe, fun environment.

4. **Do you offer free valet parking?**

Yes, we provide complimentary valet parking for all members from 4 PM to 9 PM.

5. **What are your operating hours?**

Our gym is open from 6 AM to 10 PM, Saturday to Wednesday, and from 6 AM to 9 PM on Thursdays.

6. **Can I freeze or pause my membership?**

Yes, you can freeze your membership according to the freezing days included in your plan, and you can purchase additional freeze days for a small fee. Please contact reception for details.

7. **Do you offer trial classes or guest passes?**

Absolutely! We offer trial classes and guest passes so you can experience our facilities before committing. Ask our reception team about current offers.

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• **Timings** •

Saturday - Wednesday:

6:00 AM - 10:00 PM

Thursday:

6:00 AM - 9:00 PM

Friday:

Rest day ð???ð???ï,•ð???ð?•»

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Gear Up. Fuel Up. Level Up.

Discover premium gym wear, powerful supplements, and must-have accessories â?? everything you
need to crush your goals in style and strength.[/vc_column_text]

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Coming Soon

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Date Created

June 12, 2025

Author

hamoodanan1