## OUR CONCEPT

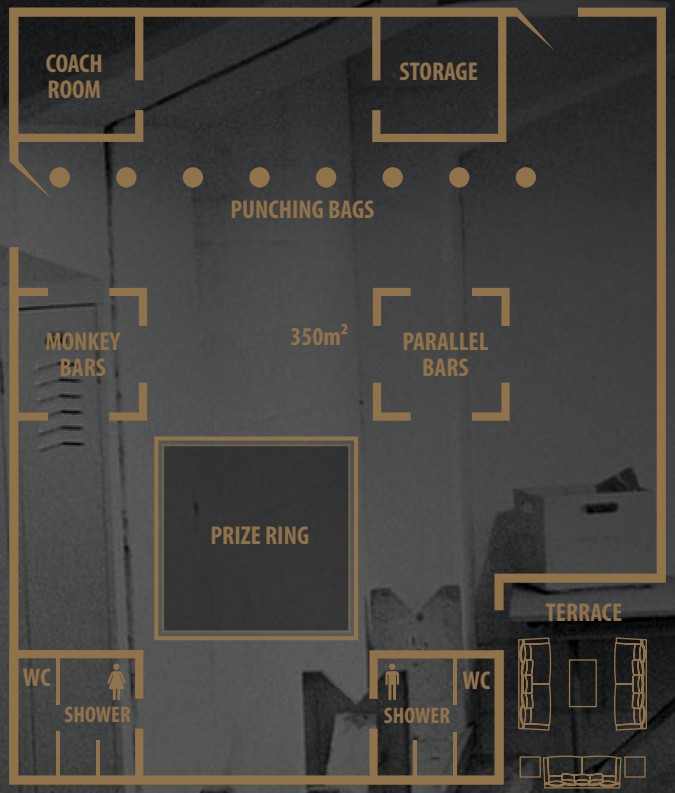
As our facility functions inside an All Inclusive Hotel, the capability and the variety of our services which can be provided to our athletes is diversified and enriched with hotels other facilities. Our athletes will have the opportunity to recover and relax in our SPA facilities and they can also exercise in our fitness which is equipped with diversified professional equipments.

The facility can be rented for multiple hours upon the request of the teams, and the charging fees will be dependent upon the personal requests of the team.

Except the fighting academy, outside the hotel there is a running and cycling path which have the length of 5 kilometers and this path can be used as well.



## PLAN




IFA
INTERNATIONAL FIGHT ACADEMY
ALVA DONNA

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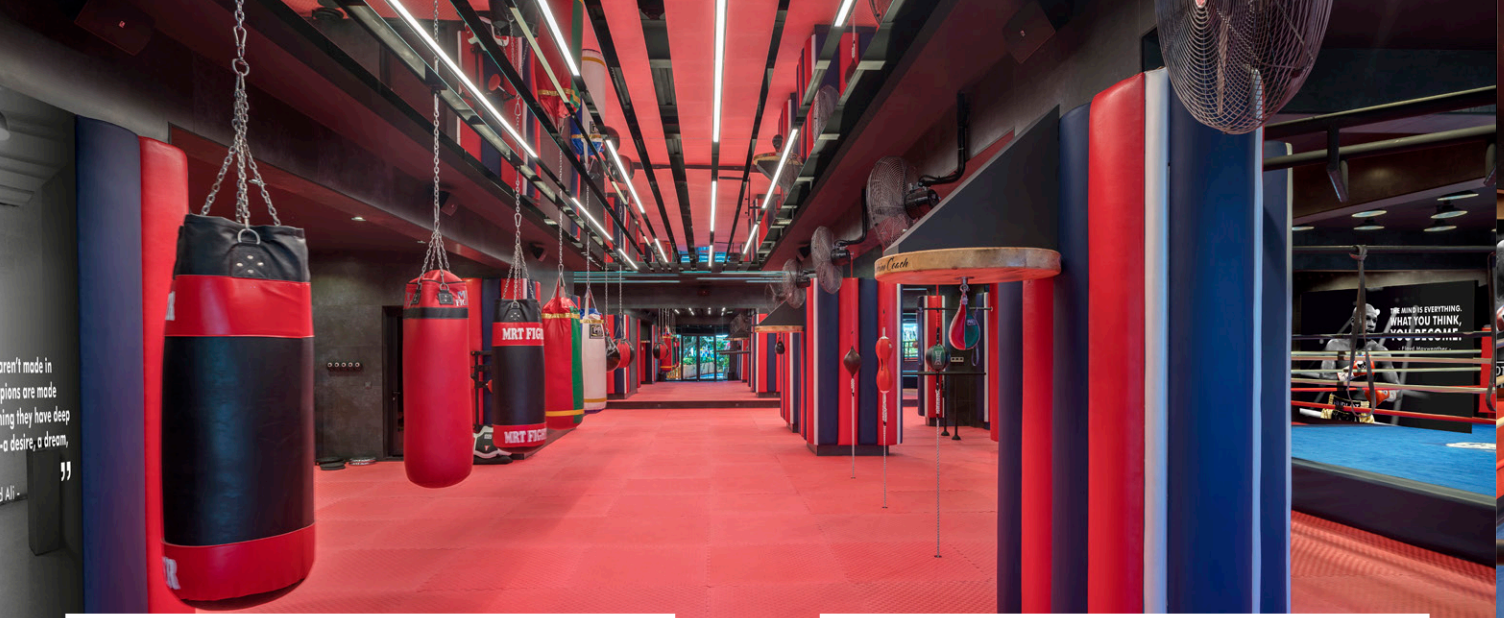
*Mens Sana In Corpore Sano*














## ABOUT US

The International Fight Academy concept, aims to provide our guests a world standard level of fighting academy, in which they will be able to train and develop their self-defense skills with supervision of our experienced and thrust-worthy trainers. Our trainers have experience in every field of martial arts but mainly the concentration and training will be on boxing and kick-boxing. Beside one on one trainings we offer a fully equipped gym with world standard level of equipment which were chosen by professional and experienced elite sport supervisors.



## TRAINING EQUIPMENT

| | |
|---|---|
| DOUBLE END SPEED BALLS /3 PCS | BOXING BALLS / 4 PCS |
| SANDBAG /5 PCS | MONKEY BAR |
| BARFIKS | SHORT HANDLE |
| GYMNASTIC WOOD RINGS | HORIZONTAL BAR FOR TRICEPS |
| BOXING RINGS / TRAINING TYPE | PIYABOX SOFT IMPACT 90 * 75 H.60 CM |
| PIYABOX SOFT IMPACT 90 * 75 H.30 CM | WOODEN PIYABOX 3 IN 1 |
| PIYABOX SOFT IMPACT 90 * 75 H.45 CM | GIANT MED BALL 10 KG. DIAM 35 CM |
| GIANT MED BALL 8 KG. DIAM 35 CM | BLUGARIAN BAG 5 KG |
| GIANT MED BALL 15 KG. DIAM 35 CM | BLUGARIAN BAG 12 KG |
| BLUGARIAN BAG 8KG | BIKE FORMA WITH HAND SENSORS |
| JOG FORMA WITH HAND SENSORS | MULTIPOWER ELEMENT |
| OMNIA 8 OMNIA | DAP POWE PACK |
| CABLE STATION 4 ELEMENT | TRICEPS ROPE |
| ADJUST DECLINE ABDOMINAL CRUNCH PURE BENCHES | ADJUSTABLE BENCH BENCHES |
| SPEED BALLS / 3 PCS | |



