



# SPORTS LAB

STAY ACTIVE. STAY HEALTHY

Founded in 2015

f Instagram SportsLabHK



**Sports Lab** is a boutique fitness centre located at Hong Kong Eastern District.

We host various yoga and functional training activities, e.g. TRX and HIIT.

We strive to help individuals reach their fitness goals, meet friends with a similar mindset and develop interests in sports to become better versions of themselves.



## Services

Yoga  
Aerial Yoga  
Total Resistance Training - TRX  
High Intensity Interval Training - HIIT



## Community

Over 2,000 Users  
Over 5,000 hours of classes  
Young Professionals  
Homemakers



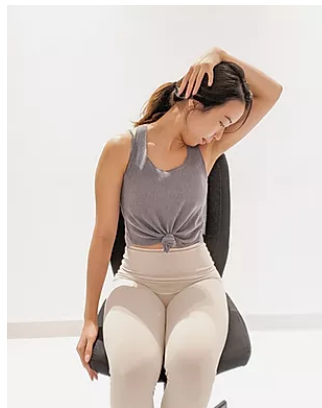
## Teaching Staff

RYT 200 Registered Yoga Teachers  
Registered Sports Coaches  
Triathlete  
Bilingual



## Reviews

Facebook - 4.9 / 5  
Google - 4.3 / 5  
Internal - 4.8 / 5



## Corporate Solution

Stretching Techniques at Work  
Networking Opportunities  
In-store/On-premises Workshops  
Online Interactive Workshops



## Location

3,000 Square Feet  
3 Multi-purposed Areas  
Fully Equipped  
2-Min Walking From Taikoo MTR

## NEW - Interactive Online Workshop

- Participants can be at anywhere, e.g. office, home
- Real-time feedback is available to 20 participants
- Easy to organize. Meeting invitation is all you need.

## Our Clients



BUTTON  
CAPITAL

FindDoc

