

BEAT'ABOX FITNESS



NEW!

**SINGAPORE'S
FIRST EVER
CAJÓN WORKOUT!**



HOW IT BENEFITS YOU



Our cajón workout can help to reduce your stress, as well as to improve your heart health, stamina, metabolism, and quality of sleep!



By combining fitness moves with cajón music-making, your rhythm response, coordination, agility and endurance will be greatly improved!



We create an environment where you focus on rhythm and music instead of your workout, allowing you to achieve more without realising!

JOIN OUR CLASSES!

[BEATABOX.COM.SG/FITNESS](https://beatabox.com.sg/fitness)



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