



Oomo where we belong

OOMO Fitness Studio feels like home. No Egos, No Stereotypes.

We all have different personal goals, but we help each other reach them. We are all here for different reasons, but we keep each other coming back. We all sing to a different tune, but we are all powered by the same song. We all come from different places, but it's this one that unites us.

We are motivated and we are challenged, but it's our home.

XPLOR BARRE

Sculpt and tone your entire body with particular focus placed on the legs, glutes, arms and core before finishing with deep stretches that allow you to unwind and relax.

XPLOR YOGA

Increase your flexibility and tone your body in this yoga inspired class that will leave you fully rejuvenated.

XPLOR DANCE

Full body dance workout using the moves and basic steps of different dance styles (Afro, Hip Hop, Latino and Pop).



XPLOD FAT BURN (HIIT cardio circuit)

Burn the maximum amount of fat by torching up to 1000 calories in this full body cardio workout.

XPLOD BODY SHAPE (HIIT weight circuit)

Build your dream body and get in the shape of your life in this full body functional workout.

XPLOD LEGS, BUM & ABS (HIIT weight circuit)

Get an amazing beach body with this weight circuit training focusing on toning and sculpting your bum, legs and abdominals.

A boutique fitness & lifestyle brand born in the UAE

Here you will experience a fitness experience like no other. We aim to push the realms of possibilities through passion, expertise, creativity and hard work.

We want to take you somewhere new and exciting where you can escape the normal world of stress and obligations.

Our programs are designed to inspire and exhilarate those who crave for a more efficient workout where motivation and inspiration are the key factors.

For those who desire a world where creativity and imagination knows no bounds. We want to welcome you to OOMO.

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Contact Us

<https://oomo.fitness>