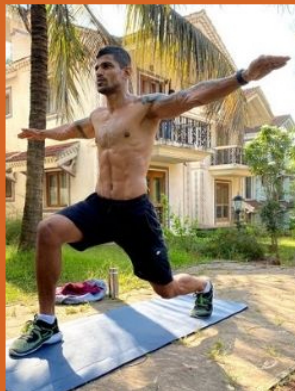


## Transform Your Life With Nelson Paes Fitness

[Book your free trial session](#)



Nelson Paes Fitness, one of Goa's Leading fitness brands, founded by International Professional Mix Martial Artist "Nelson Paes" who has represented India & is now a Celebrity Fitness Trainer & the founder of Nelson Paes Fitness Studio in Calangute Goa. Nelson Paes has taken a lifetime of knowledge, expertise and experience that he has used to propel himself to the highest level of his sport over the years and created the concept of "Transform your Life" that brings sport and exercise together delivering guaranteed results and transformations.



[Know More](#)

## OUR SERVICES



### WORKOUTS

- Mix Martial Arts
- MuayThai
- Boxing / Kickboxing
- HIIT / Tabata
- Strength & Conditioning
- Goal Base Training
- Weight Loss / Gain

[Read More](#)



### OTHER SERVICES

- Online Training
- Home/ Villa/Hotel Training
- Personal & Group Training
- Celebrity Training
- NPF Studio Training

[Read More](#)

## CLIENTS TESTIMONIALS



If you're looking for highly personalized, intense training and fitness in North Goa, look no further. I found his gym spotless and sanitary with all the necessary equipment. His trainer was super professional and gave me a great workout with his full attention. I highly recommend this place and Nelson Paes. 🥋 MMA superstar Nelson and his team of trainers provide Boxercise, HIIT

of trainers provide boxing, HIIT, weight and fitness training. The best place I've found in India. Well done!



Kyle Noble

[View Our Transformation Stories](#)

## ENQUIRY



Name

---

Mobile

---

Email

---

Message

---

Submit

www.nelsonpaesfitness.com

**NELSON PAES**  
FITNESS  
*Transform your life!*

# TRANSFORM YOUR LIFE WITH NELSON PAES FITNESS

**WHAT WE OFFER**

Goal - Based Personal Training and Group Workouts with certified NPF trainers.

- FUNCTIONAL TRAINING
- STRENGTH & CONDITIONING
- WEIGHT TRAINING
- HIIT/TABATA
- BOXING/BOXERCISE
- MMA/MUAYTHAI/GRAPPLING
- DANCE FITNESS

Services available at Nelson Paes Fitness Studio  
Home / Hotel / Villa

+91 85520 90515

KAMAT HOLIDAY HOMES, GUARAVADDO  
NEXT TO DECATHLON, CALANGUTE

DISCOUNT AVAILABLE FOR ALL SERVICES AT THE NPF STUDIO

## —CHECK YOUR BMI—



Your Weight

Your Height

Your Gender

[Home](#)

[Our Classes](#)

[Workouts](#)

[News & Media](#)

[About Us](#)

Kamat Holiday Homes, Gauravaddo, Next to decathlon, Calangute, Goa 403516

+91 8552090515 | support@nelsonpaes.com

