Liger Gym

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Company logo

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Looking for the **best gym** in Ballygunge? Discover **Liger Gym**, where fitness meets fierce dedication. Located conveniently in the heart of the community, Liger Gym offers a high-energy, results-driven environment with state-of-the-art equipment, expert personal trainers, and a wide range of group classes—from HIIT and strength training to yoga and boxing. Whether you're a beginner or a seasoned athlete, our supportive team helps you crush your goals and stay motivated every step of the way. With flexible membership options, clean facilities, and extended hours, Liger Gym makes it easy to stay on track. Join the Liger Gym family today and experience why so many locals consider us the **best gym** for real results and a strong community vibe. Come in for a free trial and feel the difference. Your fitness journey starts here at Liger Gym—where strength, resilience, and passion come to life.

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