

Fitness Centre

Personal Training

Exclusive One to One sessions

Our team of highly qualified trainers, each with extensive expertise in fitness and wellness, will provide personalised attention and tailored workout programs.

Assessing your individual needs, they will craft routines that challenge and motivate you to reach your goals

Personal Training	60 minutes AED 500
Mat Pilates Sculpt and Tone	60 minutes AED 550
Yoga	60 minutes AED 550
Flexibility Focus	60 minutes AED 700
Kick Boxing	60 minutes AED 500