

information

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MANDARIN ORIENTAL, JAKARTA - FITNESS & WELLNESS

In the middle of this bustling city, Mandarin Oriental, Jakarta offers a [relaxing retreat](#) through its range of facilities and amenities. From treatments in the specially designed wellness rooms to a dip in the beautifully landscaped pool or working out in the fitness centre, there's more than one way to relax at Mandarin Oriental, Jakarta.

Swimming

Surrounded by lush gardens and offering sweeping views of the city skyline, the freeform swimming pool is the perfect place to get daily exercise or to simply unwind. Guests will be provided with cold towels and refreshing water spray, while poolside café Azure is open for drinks and snacks.

Fitness Centre

The Fitness Centre has a range of cardio and strength equipment as well as a selection of free weights and a Kinesis Studio. Personal training and a range of daily exercise classes are also offered. Steam and sauna facilities are available in both the male and female changing rooms.

Spa Treatments

There are five dedicated wellness rooms offered to the guests to enjoy a range of massages and therapies.

Opening hours:

Spa 9 am – 12 am (daily)

Fitness studio 6 am – 11 pm (daily)

For enquiries, please call +62(21) 29938999 or email mojkt-fitness@mohg.com

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For further information, please contact:

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