



THE SPA
— AT —
MANDARIN ORIENTAL
—
MUSCAT

FITNESS PACKAGES

KICKSTART AND RENEW

POWER AND PERFORMANCE

STRENGTH AND STAMINA

FITNESS PACKAGES

From building a fitness foundation to mastering advanced skills, book your fitness package of choice designed with personalised trainings to suit your lifestyle.

KICKSTART AND RENEW

- 8 personal training sessions each at 60-minutes
- One *Hyperice* muscle recovery per visit
- Two *Visbody* analysis sessions
- Access to The Spa's Heat Facilities and Changing Rooms on the day of trainings
- To be scheduled within 4 weeks

POWER AND PERFORMANCE

- 10 personal training sessions each at 60-minutes
- One *Hyperice* muscle recovery per visit
- Two *Visbody* analysis sessions
- Access to The Spa's Heat Facilities and Changing Rooms on the day of trainings
- To be scheduled within 5 weeks





FITNESS PACKAGES

From building a fitness foundation to mastering advanced skills, book your fitness package of choice designed with personalised trainings to suit your lifestyle.

STRENGTH AND STAMINA

- 12 personal training sessions each at 60-minutes
- One *Hyperice* muscle recovery per visit
- Two *Visbody* analysis sessions
- Access to The Spa's Heat Facilities and Changing Rooms on the day of trainings
- To be scheduled within 6 weeks



WELLNESS PACKAGES

SERENITY FLOW

HOLISTIC HARMONY

WELLNESS PACKAGES

Designed to enhance your mobility and flexibility, our wellness packages provide exclusive access to our expert trainers and a range of tailored programmes.

SERENITY FLOW

- 8 group yoga sessions each at 60-minutes
- Access to The Spa's Heat Facilities and Changing Rooms on the day of trainings
- To be scheduled within 4 weeks

HOLISTIC HARMONY

- 12 group yoga sessions each at 60-minutes
- Access to The Spa's Heat Facilities and Changing Rooms on the day of trainings
- To be scheduled within 6 weeks





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