

A view through an arched window of palm trees and the ocean at sunset. The scene is framed by a light-colored archway. Several palm trees are visible, their fronds silhouetted against a warm, orange and pink sky. The ocean is visible in the background, with a dark horizontal bar in the foreground.

the GYM  
at the beach



A unique combination of fitness and  
paradise creates an environment where  
wellness feels like a luxury

Every moment at The Gym  
is designed to nurture both  
body and soul!

# the GYM

**at the beach**

At The Gym, nestled within a luxurious beachside resort, guests can enjoy the perfect blend of breathtaking ocean views and top-tier fitness services. Whether you're looking for a traditional gym workout or something more dynamic, this space offers it all. From state-of-the-art equipment to high-energy combat classes, you'll experience a 360-degree approach to fitness. Enjoy invigorating martial arts sessions or find your zen with calming yoga classes, all while feeling the fresh sea breeze.

# PRIVATE TRAINING

MMA | Boxing | Kickboxing | Muay Thai | Fitness | Yoga

## Martial Art

1 Class: **INR 3,800**

5 Class: **INR 17,600**

10 Class: **INR 31,500**

## Fitness | Yoga

1 class: **INR 2,500**

5 classes: **INR 11,300**

10 classes: **INR 20,000**

All prices are inclusive of taxes ( 5% )

No refund/ cancellation / exchange



# GYM PACKAGES

One day gym package  
Including gym + pools  
**INR 600**

One week gym membership:  
**INR 2,500**

10 days gym membership  
**INR 4,000**

One month gym membership  
**INR 7,500**

2 month gym membership  
**INR 9,500**

3 month gym membership  
**INR 13,000**

6 month gym membership  
**INR 24,500**

1 year gym membership  
**INR 43,500**

All prices are inclusive of taxes ( 5% )  
No refund/ cancellation / exchange



# FULL TRAINING PACKAGES

Full training packages including : all available  
Classes according to schedule + Gym both floor

One day full training:  
**INR 1,300**

One week full training  
**INR 7,000**

10 days full training  
**INR 9,000**

1 month full training  
**INR 22,000**

2 month full training  
**INR 39,700**

3 month full training  
**INR 53,000**

All prices are inclusive of taxes ( 5% )  
No refund/ cancellation / exchange



# CLASSES

## Martial Art | Fitness | Yoga

1 class :  
**INR 600**

12 Classes Package (Valid for 1 Month):  
**INR 5,300**

24 Classes Package (Valid for 2 Months):  
**INR 9,000**

## Kids Classes :

1 class :  
**INR 500**

12 Classes Package (Valid for 1 Month):  
**INR 4,700**

24 Classes Package (Valid for 2 Months):  
**INR 8,000**

All prices are inclusive of taxes ( 5% )  
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# SCHEDULE FOR CLASSES:

## Monday to Saturday

### **BOXING CLASS** (Ali)

Beginners: Monday, Wednesday, Friday  
Advanced: Tuesday, Thursday, Saturday

*8:30 am*

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### **FULL BODY BURN** (Jason)

Monday, Wednesday, Friday

### **MOBILITY & STRETCHING** (Jason)

Saturday

### **BOOTY GROW & ABS** (Jason)

Tuesday, Thursday

*9:00 am*

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### **MUAY THAI** (Ali)

Advanced: Monday, Wednesday, Friday  
Beginners: Tuesday, Thursday, Saturday

*10:15 am*

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### **SCULPT** (Anna)

Tuesday, Friday

*4:15 pm*

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### **KIDS MMA**

Monday, Wednesday, Friday (Age 10-15 | Ali)  
Tuesday, Thursday (Age 6-9 | Anna)

*5:30 pm*

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### **MMA** (Ali)

Tuesday, Thursday, Saturday

*7:00 pm*

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### **Evening Yoga & Tibetan Bowls** (Merle)

Wednesday, Friday

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*Riva*  
beach resort

Riva Beach Resort, Mandrem Beach, Pernem, North Goa - 403 527.