

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**

Contemporary Dance

1 class: **INR 3,500**

4 classes: **INR 12,000**

8 classes: **INR 20,000**

All prices are inclusive of taxes (5%)

No refund/ cancellation / exchange



ONLY GYM PACKAGES

One Day Gym Access

INR 800

Three Day Gym Package

INR 1500

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

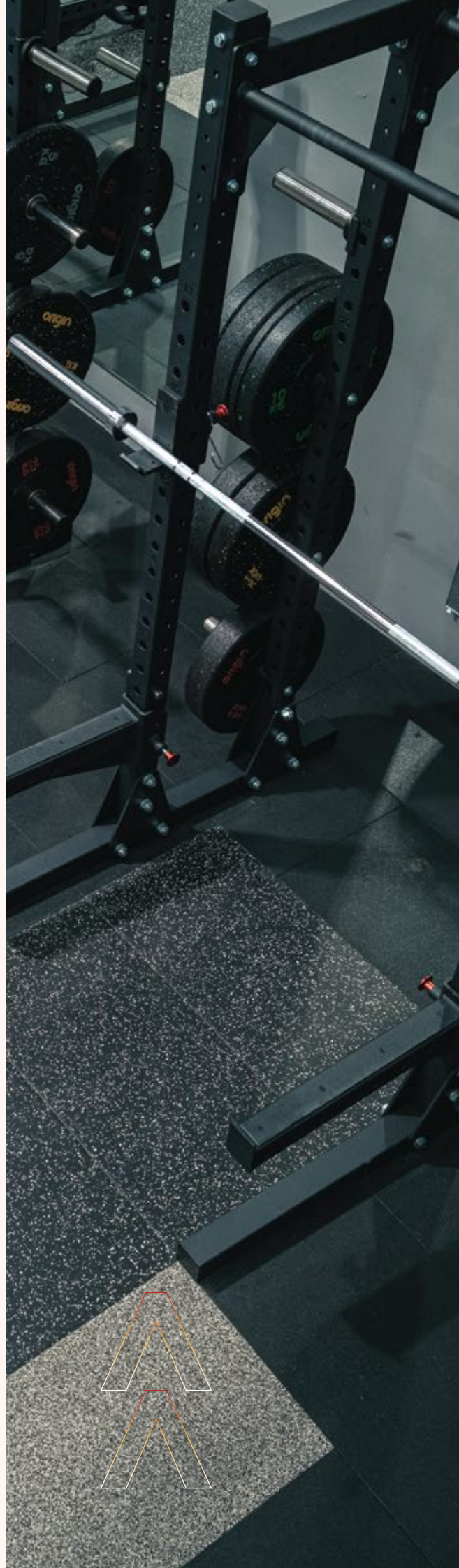
INR 24,500

1 year gym membership

INR 43,500

All prices are inclusive of taxes (5%)

No refund/ cancellation / exchange



FULL TRAINING PACKAGES

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

One day full training:
INR 1,500

Three day full training:
INR 3,500

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 650

8 Classes Package:
INR 4,000

12 Classes Package:
INR 5,500

24 Classes Package:
INR 9,500

Kids Classes :

1 class :
INR 550

8 Classes Package :
INR 3,800

12 Classes Package :
INR 5,000

24 Classes Package :
INR 8,500

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

SCHEDULE FOR CLASSES:

Monday to Saturday

9:00 am

FULL BODY BURN

Monday, Wednesday, Friday

BOOTY GROW & ABS

Tuesday, Thursday

MOBILITY & STRETCHING

Saturday

5:00 pm

BJJ BEGINNERS

Monday, Wednesday, Friday

WOMEN'S BJJ (Girls Only)

Tuesday, Thursday

BJJ GI (traditional BJJ uniform)

Saturday

7:00 PM

CONTEMPORARY DANCE

Monday, Wednesday

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Riva
beach resort

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