

PALMA GYM & SPA PACKAGES

LIGHT MEMBERSHIP INCLUDES ONLY GYM

DURATION	MALE/FEMALE
1 MONTH	275 AED
3 MONTH	700 AED
6 MONTH	1275 AED
1 YEAR	1600 AED

BRONZE MEMBERSHIP INCLUDES GYM, SAUNA, STEAM, INDOOR POOL

DURATION	MALE	FEMALE/POLICE & GOVT
1 MONTH	375 AED	350 AED
3 MONTH	900 AED	800 AED
6 MONTH	1475 AED	1375 AED
1 YEAR	1900 AED	1750 AED

TIMING: 8AM TO 12AM | LADIES ONLY TIMING : 8AM TO 10 AM

PALMASPA@PALMABEACHUAQ.COM

INCLUSIVE OF ALL TAXES & VAT



PERSONAL TRAINING

INCLUDES

- DIET CHART/ NUTRITION
- GUIDANCE STRECHING
- WEIGHT LOSS/ WEIGHT GAIN
- BODY SHAPING
- LIFE STYLE
- REHAB EXERCISE
- PHYSIOTHERAPY

ONE MONTH 1000 AED

INCLUSIVE OF ALL TAXES & VAT

