

GYM
MENU



NITRA

SERENITY CENTRE

FITNESS RITUALS

MUAY THAI

Maximum 2 guests/ THB 1,000++ for one THB 1,600 for couple (50 Minutes)

Learn the ancient art of Siamese self-defense and shed those excess pounds, whilst learning the art of eight points of the limbs striking, blocking, and throwing with our resident in house experts. Particularly good for cardio fitness, reflexes, confidence and mobility.

CARDIO BLAST

Maximum 2 guests/ THB 1,000++ for one THB 1,600 for couple (50 Minutes)

This class increases your heart rate with aerobic steps and moves that strengthen your body using a variety of equipment.

SUSPENSION TRAINING

Maximum 2 guests/ THB 1,000++ for one THB 1,600 for couple (50 Minutes)

Using the Rip 60 suspension training system you will get a complete all over body workout by only using your body weight and suspension support from a fixed point in the ceiling. Originally pioneered by the US Navy seals, now made available to you by our resident fitness expert. Muscular conditioning and toning at its best.

YOGA

Maximum 2 guests/ THB 1,000++ for one THB 1,600 for couple (50 Minutes)

Join us for our early morning and evening Yoga sessions. Designed for conditioning and mobilizing joints and all major muscle groups of the body. Elevating energy levels, soothing stiff and aching joint improving circulation and clarity of mind as well as increasing flexibility.

PRIVATE TRAINING

(60 Minutes per session)

THB 800++ / 1 session
THB 3,500++/ 5 session
THB 6,000++/10 session
THB 10,000++/20 session

Note : One Day Advance notice required.