

ELEMENTS SPA BY BANYAN TREE, KUWAIT

منتج المنتس من بانيان تري

CLUB MEMBERSHIP

عضوية النادي الصحي

Elements Spa invites you to indulge in a life of health and wellness. Be pampered with a wide range of membership privileges at Elements Spa and enjoy exclusive spa treatments, fitness facilities, aerobics classes and retail discounts at the Gallery.

مرحبا بكم في منتج المنتس: منبع الصحة والعافية حيث تقدم كافة وسائل الرعاية و الدلال لأعضاء المنتج للتمتع بالمزايا العديدة والخاصة مثل برامج العلاج المختلفة والنادي الصحي ودروس الأيروبيك والخصومات على فاتورة المشتريات

Join us as an Elements Spa member and embark on your wellness journey.
لذا، ندعوكم للاشتراك بعضوية المنتج والإبحار معنا إلى منابع الصحة والعافية

	Day Pass	Weekly	Monthly	3 Months	6 Months	Yearly
PRICES INCLUDE:	6 KD	35 KD	95 KD	185 KD	255 KD	495 KD
BODY MASSAGE (60 min)	-	-	1 session	2 sessions	3 sessions	4 sessions
PERSONAL TRAINING	-	1 session	1 session	1 session	2 sessions	6 sessions
YOGA CLASS	-	-	-	1 class	2 classes	4 classes
AEROBICS CLASS	-	1 class	1 class	1 class	2 classes	4 classes

Membership Privileges at Elements Spa, Kuwait

مزايا العضوية في منتج المنتس الكويت*

- ✘ استخدام غير محدود لجميع مرافق النادي الصحي
- ✘ 20% discount on massages and packages at Elements Spa except beauty treatments
- ✘ 20% discount on yoga, aerobics, and personal training
- ✘ 20% discount on retail products at the Elements Spa Gallery

YOGA, AEROBICS & MAT PILATES CLASSES

حصة لليوغا، تمارين الأيروبيك وتمارين مات بيلاتيس

CLASS	Price Per Session	Price Per Course (8 classes)
Ashtanga Yoga (60-min)	6 KD	40 KD
Hatha Yoga (60-min)	6 KD	40 KD
Aerobics Class (60-min)	6 KD	40 KD
Relaxing Yoga (60-min)	6 KD	40 KD
Pre-natal Yoga (60-min)	7 KD	45 KD
Post-natal Yoga (60-min)	7 KD	45 KD
Mat Pilates (60-min)	7 KD	50 KD
Personal Yoga (60-min)	12 KD	80 KD
Personal Training (60-min)	12 KD	80 KD

Group Fitness and Yoga Classes Schedule



Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30-10:30			Legs, Bums & Tums			Legs, Bums & Tums	
11:00-12:00							
13:30-14:30	Mat Pilates		Mat Pilates		Mat Pilates		
16:00-17:00			Steps Aerobics		Cardio Mix	Hi- Low Aerobics	
17:00-18:00			Mat Pilates		Mat Pilates	Mat Pilates	
18:00-19:00	Hi-Low Aerobics	Cardio Mix		Aero Boxing			
19:00-20:00	Mat Pilates	Mat Pilates		Mat Pilates			

Please take a moment to read this

To avoid disappointment, advance reservation is strongly recommended. Reservations will be based on first-come, first-served basis and subject to availability.

Please inform our instructors of any health conditions prior to any classes.

For the consideration of others, mobile phones or other electronic gadgets are prohibited in all classes. The Elements Spa by Banyan Tree is not liable for any injury, accident or loss of property incurred whilst using the Elements Spa facilities.

For reservations & enquiries, please call:

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