

## PERSONAL TRAINING

30 MINUTES	JPY 9,000-
60 MINUTES	JPY 18,000-
GROUP SESSION - 60 MINUTES / UP TO 2 GUESTS	JPY 30,000-
GROUP SESSION - 60 MINUTES / UP TO 4 GUESTS	JPY 50,000-

**TECHNOGYM CHECKUP ASSESSMENT - 60 MINUTES** JPY 18,000-

**FUNCTIONAL MOVEMENT SCREEN (FMS) - 60 MINUTES** JPY 18,000-

**PILATES - 60 MINUTES** JPY 18,000-

**YOGA - 60 MINUTES** JPY 18,000-

**SWIMMING - 60 MINUTES** JPY 18,000-

**STRETCHING - 30 / 60 MINUTES** JPY 9,000- / JPY 18,000-

**SPORTS MASSAGE - 60 / 90 MINUTES** JPY 30,000- / JPY 45,000-

\*All prices are inclusive of 15% service charge and 10% consumption tax

\*Complimentary gym wear is available for rental at the spa reception

## COMPLIMENTARY CLASSES

### IMPERIAL PALACE RUN

A guided run around the Imperial Palace, combining breathtaking views, history, and an invigorating workout.

### MORNING YOGA

A bespoke yoga session designed to awaken muscles and mind, based on flexibility and core stability.

### FITNESS CLASS

A dynamic hybrid training for total body strength and cardio development.

## **RESERVATION**

To reserve a training session or receive further information please contact:

Telephone: +81 3 6262 3333

Email: [tyobt.spa@bulgarihotels.com](mailto:tyobt.spa@bulgarihotels.com)

Address: 2-2-1 Yaesu, Chuo-Ku Tokyo 104-0028, Japan

## **CHILDREN'S POLICY**

All training sessions are available to guests aged 16 and above.

## **CANCELLATION POLICY**

A full charge applies for cancellations made less than 24 hours before the scheduled session.

Late arrivals will result in a shortened session.

**BVLGARI**  
**GYMNASIVM**