

PERSONAL TRAINING

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

TECHNOGYM CHECKUP ASSESSMENT - 60 MINUTES COMPLIMENTARY

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-

HYPERBARIC OXYGEN THERAPY - 60 MINUTES JPY 16,000- / JPY 20,000-

*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.

SUNRISE FLOW

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

HYBRID CONDITIONING

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

MORNING RESET

A focused morning stretching class targeting common areas of tightness to improve mobility, reduce stiffness, and support better movement throughout the day.

*Advance booking is highly recommended

*Classes are offered subject to instructor availability

RESERVATION

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

Telephone: +81 3 6262 3333

Email: 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