



PRIVATE YOGA & WELLNESS SESSIONS

DURATION: 60 MINUTES | PRICE: \$60++ PER PERSON

PRIVATE KUNDALINI YOGA

Awaken your energy and cultivate balance in body, mind, and spirit through the transformative practices of Kundalini Yoga.

PRANIC HEALING SESSION

One-on-one energy healing designed to cleanse, energize, and restore your natural balance and vitality.

COUPLES HEALING SESSION

Strengthen connection, harmony, and emotional well-being through guided healing and meditation practices for couples.

ADVANCED YOGA PRIVATE SESSION

Deepen your practice with personalized guidance tailored to your goals, experience level, and individual needs.

YOGIC SLEEP (YOGA NIDRA RELAXATION)

Experience profound relaxation and conscious rest to rejuvenate the body, calm the mind, and restore inner peace.

GUIDED MEDITATION SESSION

A personalized meditation experience to reduce stress, improve focus, and elevate awareness and well-being.

KIDS HEALING & YOGA SESSION

Gentle yoga and healing practices designed to support children's well-being, focus, confidence, and emotional balance.

Please Advance booking is required at least 24 hours for all private training sessions.
Please contact Roxity Kids club for more details information



body : rock®

PRIVATE BODY ROCK SESSIONS

DURATION: 60 MINUTES
PRICE: \$60++ PER PERSON

PRIVATE FITNESS ONE TO ONE CLASS

Experience a fully personalized fitness program with expert guidance, customized training, and continuous support

LES MILLS BODY COMBAT

Get ready to punch, kick, and sweat your way to better fitness! Body Combat is a full-body cardio workout inspired by martial arts disciplines such as karate, boxing, taekwondo, and Muay Thai.

MOBILITY EXERCISE

Improve flexibility, movement quality, and joint health with guided mobility training. Mobility exercises help increase range of motion, reduce stiffness, enhance posture, and support better performance in daily activities and workouts.

ZUMBA / CHOREOGRAPHY CLASS

Dance, move, and have fun while getting fit! This energetic class combines upbeat music, dynamic dance routines, and easy-to-follow choreography to improve fitness, coordination, and confidence.

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body : rock®

PRIVATE AERIAL ARTS & JIU JITSU SESSIONS

DURATION: 60 MINUTES
PRICE: \$60++ PER PERSON

AERIAL ARTS CLASS

Discover strength, grace, and confidence in the air. This aerial arts class combines acrobatics, flexibility, and controlled movement using aerial silks, hoops, or hammocks to build full-body strength and artistry.

JIU JITSU CLASS

Learn practical self-defense, build discipline, and develop full-body strength through the art of Jiu Jitsu. This grappling-based martial art focuses on technique, leverage, and control rather than size or strength.

Please Advance booking is required at least 24 hours for all private training sessions.
Please contact Roxity Kids club for more details information