



MANDARIN ORIENTAL
BANGKOK

WELLNESS CLUB

THE POWER OF INNER & OUTER STRENGTH

Just across the river, our newly renovated Wellness Club offers a serene destination for those who value expert guidance and a personalised approach to well-being. The facilities feature a comprehensive selection of cardiovascular and strength equipment, a dedicated area for strength and movement training, tennis courts, heat and water experiences, and well-appointed changing areas with showers and personal lockers.

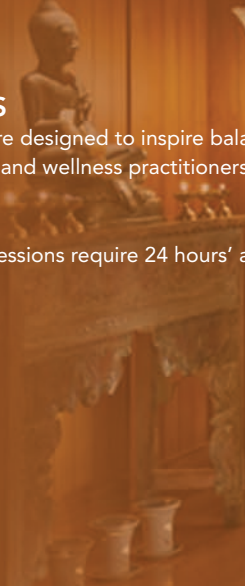
Guests are invited to join a range of complimentary daily classes, including yoga, aerobics, and mindful movement sessions. For the class schedule, please refer to the timetable available at the hotel, spa, or fitness reception.

INTELLIGENT MOVEMENT SPACES

Our advanced fitness and wellness facilities are designed to inspire balance and vitality. Guided by expert personal trainers, coaches, and wellness practitioners, each experience is tailored to your goals and rhythm.

Please note that private, couple, and group sessions require 24 hours' advance booking.

All prices are subject to 10% service charge and 7% government tax.



MUAY THAI - THAI KICK BOXING STUDIO

Discover the art of Muay Thai or Thai Kick Boxing, Thailand's national sport, cherished by locals and visitors alike. Practised in an environment that blends heritage with refinement, each session offers an authentic experience guided by accomplished coaches and champions, combining traditional techniques with mindful precision.

Private session

1 hour

Price: THB 3,800

Couple session

1 hour

Price: THB 5,000

Family session – up to 5pax

1 hour

Price: THB 10,000

YOGA HOUSE – BAAN NOI

Embrace a holistic approach to health and inner harmony through thoughtfully guided sessions that calm the mind and strengthen the body. Each experience encourages presence, balance, and a deeper sense of well-being.

Our curated selection of classes includes:

YOGA: Hatha, Vinyasa, Power, Yin & Yang and Restorative Yoga

SOUND THERAPY: Sound bath, signing bowls, and gong sessions.

MAT PILATES

MINDFULNESS: Meditation, pranayama (breathing techniques), and mantra chanting (30 minutes session).

Please contact our team for personalised consultation and assistance.

Private Mindfulness Session

30 minutes

Price: THB 1,800

Private session

1 hour

Price: THB 3,600

A Couple session

1 hour

Price: THB 5,000

Family session – up to 5pax

1 hour

Price: THB 8,500

All prices are subject to 10% service charge and 7% government tax.

FITNESS CENTRE

Refine your movement and build endurance at our newly renovated Fitness & Wellness Centre. Featuring a dedicated HYROX training area, the space is designed to inspire balance, strength, and vitality. Guided by our expert trainers, each session is tailored with precision to your individual goals, seamlessly integrating performance with well-being. Enjoy a tailored fitness journey in surroundings that inspire focus and tranquillity.

Private session

1 hour

Price: THB 2,900

Couple session

1 hour

Price: THB 4,000

Family session – up to 5pax

1 hour

Price: THB 6,500

All prices are subject to 10% service charge and 7% government tax.



TENNIS

A timeless sport that builds agility, coordination, and endurance while offering moments of leisure and connection. Whether you are a beginner or looking to refine your technique, our professional coach provides expert, personalised guidance to help you strengthen your serve, forehand, and backhand with confidence.

Private session with coach

1 hour

Price: THB 3,000

Couple sessions with coach

1 hour

Price: THB 4,500

Tennis Court Rental

1 hour with facilities

Price: THB 2,000

1 hour without facilities

Price: THB 1,000

Tennis Ball Launcher (30 minutes)

Price: THB 500

All prices are subject to 10% service charge and 7% government tax.



PERFORMANCE RECOVERY STUDIO

Restore balance and promote longevity at the Performance Recovery Studio, where the deep, restorative warmth of an infrared sauna meets the invigorating cool of a precision-controlled ice bath. The seamless interplay of heat and cold therapies supports physical recovery, promotes circulation, and fosters mental clarity.

CONSULTATION

Our performance specialist will assess your physical condition, training habits, and recovery needs to create a personalised programme. Each session may integrate advanced modalities such as contrast therapy (ice bath and infrared sauna), assisted stretching, and targeted recovery techniques to optimise performance and renewal.

Private Experience

30 minutes

Price: THB 2,900

Couple session

1 hour

Price: THB 5,000



Each session is designed to refresh both body and mind. The invigorating cold immersion offers numerous benefits, including reduced inflammation, accelerated muscle recovery, improved circulation, and deeper rest. The contrast between heat and cold therapies enhances overall well-being, strengthens the immune system, and restores natural vitality.

As part of the Recovery Studio experience, guided breathwork encourages relaxation and inner calm, followed by an infrared sauna session to gently unwind and restore warmth to the body.

STRETCHING SESSION

20 minutes

This gentle, guided session focuses on releasing muscle tension, improving flexibility, and enhancing body awareness. Through mindful stretching and the use of a vibration massage device, the experience helps restore mobility, ease stiffness, and encourage deep relaxation, leaving you feeling lighter, balanced, and renewed.

Price: THB 950

All prices are subject to 10% service charge and 7% government tax.

TERMS & CONDITIONS

OPENING HOURS

The Fitness Centre:	Daily from 6am to 10pm	Tennis Courts:	Daily from 7am to 9pm
Heat and Water Facilities:	Daily from 6am to 9pm	Swimming Pool:	Daily from 6am to 8pm
Yoga House:	Daily from 7am to 9pm		

WELLNESS CLUB ARRIVAL

Located across the river, the shuttle boat is available daily from 6am at the Hotel Pier. The Wellness Club Personal Training and Coaches are available to assist you to check in, get to know the spaces, and tailor a quick movement to maximize your session benefits.

BOOKING

48 hours' advance booking is advisable to get you the chosen coaches or personal trainer.

PREGNANCY

Spa treatments, personal training sessions, and cold & hot experiences are not encouraged during the first trimester of pregnancy.

CLEANINESS

In keeping our commitment to cleanliness, safety and hygiene, our equipment is sterilized and sanitized after usage.

LOSS OR DAMAGE

We regret that we cannot be responsible for any loss or damage or personal articles. Please keep all valuables locked in your locker during your visit.

ACCIDENTS OR INJURIES

The Wellness Club at The Mandarin Oriental, Bangkok shall not be liable for any accident or injury suffered by any member or guest.

REFUND POLICY

The use of alcohol and tobacco is strictly prohibited. Proper sport attire must be worn while exercising in different venues. Sports shoes are required in the fitness center.

RESTRICTIONS ON THE USE OF FACILITIES

Unopened retail products can be exchanged within five days of purchase, if presented with the original receipt.

SERVICE CHARGE & TAX

All prices are subject to 10% service charge and 7% government tax. For any cash payments, we accept Thai baht only.