

SENSE
A ROSEWOOD SPA

OUR PERSONAL
TRAINERS

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abudhabi.sensespa@rosewoodhotels.com

Personal Trainers Sessions

Number Of Sessions	Single (AED)	Couple (AED)
1	330	425
12	3180	3975
16	4175	5225
20	5000	6250

All packages are valid for 30 days only.

**Package of 20 sessions valid for 30 days and included 1 Voucher for complementary 60 massage, recommended by your trainer.*

Lu Lu Man



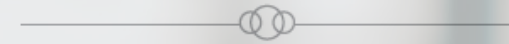
- IFBB PRO & IFBA Certified with 5+ years of fitness coaching experience
- 3rd place in Women's Bikini Model Competitions (2022)
- Functional Movement Training & Precision Weightlifting for strength & aesthetics
- Customized fat loss programs
- Expert in high-energy group sessions to keep you motivated

“Fitness should empower you—no boring routines,
just joy in progress!”





Anand Krashnan



- Active IQ Level 3 Certified Personal Trainer & Gym Instructor (2023)
- Specialized in Muscle Building & Strength Development
- Natural Bodybuilding Specialist
- Equipment-based strength training coach

“I believe in building authentic strength through proper form, progressive challenge, and transparent coach-client relationships.”

Malou Culalic



- Active IQ Level 3 Certified Personal Trainer and Level 2 Gym Instructor since 2018
- Specialized in High-Intensity Training
- Body Composition & Mobility Specialist
- Animal Flow Certified Instructor

“True fitness is about adaptable strength – moving better, feeling stronger, and sustaining results through training and nutrition.”

