

BARRE BURN WITH SANAM HEROVI

20 DECEMBER 2026 - 10 JANUARY 2027

Experience personalised movement with Sanam, a STOTT certified instructor and long standing member of the Real Pilates team. With a background in psychology and extensive expertise in injury rehabilitation, pre and postnatal care, and Total Barre, Sanam offers a highly tailored approach to Pilates that blends technical precision with mindful, intelligent movement.

Each session is thoughtfully designed to support your individual journey, whether you are recovering from an injury, navigating life's transitions, or simply seeking to move with greater strength, ease, and connection.

For reservations, please contact your Host or One&Only Spa.



One&Only

REETHI RAH
Maldives

REFORMER PILATES

60 MINUTES | \$315 PER PERSON

A personalised session using the reformer to improve posture, build strength, and support overall movement. Sanam brings a calm, focused approach, tailoring each session to your body's needs, whether you are new to Pilates or looking to refine your practice.

MAT PILATES

60 MINUTES | \$290 PER PERSON (PRIVATE) • \$350 PER COUPLE • \$100 PER ADDITIONAL PERSON

90 MINUTES | \$350 PER PERSON (PRIVATE) • \$400 PER COUPLE • \$100 PER ADDITIONAL PERSON

Mat Pilates with Sanam focuses on core strength, body awareness, and functional movement. Whether you are looking for a gentle reset or a full body challenge, each session is adapted to your goals and individual needs.

REFORMER & MAT DUO

60 MINUTES | \$400 PER COUPLE

Designed to be enjoyed together, this session combines reformer and mat work, allowing you and your partner to alternate between the two throughout the session.

PRE & POSTNATAL TRAINING

60 MINUTES | \$400 PER PERSON (PRIVATE)

A tailored combination of mat and reformer work for pregnancy or the postnatal period, offering a supportive space to reconnect with your body. Gentle, focused movement helps support recovery, reduce discomfort, and build strength from within. The session focuses on breathing, pelvic stability, core connection, and easing physical tension.

REHABILITATION PILATES

60 MINUTES | \$400 PER PERSON

Support injury recovery and specific rehabilitation needs through tailored mat and reformer work. Sanam's experience in rehabilitation and special populations allows each session to be adapted with care and precision.

ISLAND BARRE GLOW

60 MINUTES | \$290 PER PERSON • \$350 PER COUPLE • \$100 PER ADDITIONAL PERSON

Inspired by ballet, Pilates, and functional strength training, this full body workout combines controlled movements, pulses, and core work to improve posture, balance, flexibility, and muscular endurance.

Customised packages are available upon request.

All prices are subject to 10% service charge and applicable GST.