

CROSSFIT WITH ZUBAID TOEFY

18 DECEMBER 2026 - 20 JANUARY 2027

Born in South Africa and now based in New Zealand, Zubaid Toefy is a multi-disciplinary athlete and coach with a background in Muay Thai, and years of competition in CrossFit and Olympic weightlifting. Following his time in Hong Kong's fitness scene, he expanded his expertise into HYROX training, helping athletes of all abilities prepare for the demands of combining endurance, strength, and speed. His coaching brings together technical precision and a competitive mindset, with a focus on helping each athlete perform at their best.

Let Zubaid be a part of your fitness journey and help you achieve your fitness goals while in paradise.

For reservations, please contact your Host or the Fitness Centre.



One&Only

REETHI RAH
Maldives

BEACH BLAST

30 MINUTES | \$180 PER PERSON

Take your workout outdoors with a focused 30 minute circuit session by the beach. Combining battle ropes, sled work, TRX, and bodyweight exercises, this energising workout brings strength and conditioning into the open air.

BOXING & MUAY THAI

30 MINUTES | \$180 PER PERSON

60 MINUTES | \$250 PER PERSON

Suitable for all levels, from beginners to more experienced practitioners. Learn the fundamentals, refine your technique or enjoy a focused workout combining movement, conditioning and coordination. A rewarding way to build strength, release tension, and develop practical self defence skills.

STRENGTH & CONDITIONING

60 MINUTES | \$250 PER PERSON

A balanced session combining strength training and cardio conditioning to build muscular strength, endurance, and overall physical performance. Exercises are adapted to your individual level, with a focus on movement quality and full body conditioning.

OLYMPIC WEIGHTLIFTING

60 MINUTES | \$250 PER PERSON

Explore the foundations of Olympic weightlifting through the Snatch and Clean & Jerk. Learn the key techniques behind these technical movements while developing strength, coordination, control, and focus.

CROSSFIT TRAINING

30 MINUTES | \$180 PER PERSON

30 MINUTES | \$200 PER COUPLE

30 MINUTES | \$90 PER PERSON IN GROUPS (3-6 PEOPLE)

60 MINUTES | \$250 PER PERSON

60 MINUTES | \$300 PER COUPLE

60 MINUTES | \$120 PER PERSON IN GROUPS (3-6 PEOPLE)

A dynamic full body workout combining weightlifting, gymnastics, bodyweight movements, and cardio. Each session is tailored to your fitness level and personal goals, with the intensity adapted to challenge you at your own pace. Train together with a partner, challenge yourself in a group or simply enjoy a motivating workout designed to build strength, endurance, and confidence.

Customised packages are available upon request.

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