



DAMAI

HYROX

CLASSES AND PROGRAMMES



TRAIN
RECOVER
PERFORM

THE HYROX PATHWAY WITH DAMAI AT GRAND HYATT SINGAPORE

Experience our curated HYROX training pathway
from *MetCon* and *HY-PACE* classes
to the structured *HY-READY*
and advanced *HY-PERFORMANCE* programme,
designed to guide participants of all levels.

Whether you're building foundational strength, preparing for your first race, or pushing towards peak performance, each journey is led by HYROX-Certified coaches and supported by Damai's premium wellness facilities.

A complete HYROX lifestyle, combining expert coaching, recovery integration, and the wellness excellence of Damai at Grand Hyatt Singapore.

DAMAI

METCON (GROUP CLASS)

UP TO 10 PAX PER CLASS

SGD50 nett per person per class

Step into the energy of performance-driven training with MetCon (Metabolic Conditioning), a dynamic class designed to awaken your body's energy systems and build confidence in movement. Inspired by HYROX workouts, each session blends intervals, circuits, and timed efforts to challenge stamina, coordination, and efficiency—while keeping it beginner-friendly and accessible for every fitness level.

Whether you are starting your fitness journey or preparing for the next stage, MetCon offers the perfect balance of group energy, real-time coaching, and progressive training to help you move better, feel stronger, and enjoy the process.

CLASS HIGHLIGHTS

AEROBIC BASE BUILDING

Cycle through the body's energy systems with guided practice.

HIIT TRAINING FORMATS

Experience engaging styles such as EMOM (Every Minute on the Minute) and Tabata with expert coaching.

FOCUSED COACHING

Small group sizes ensure attention, support, motivation and real time feedback.

CLASS INCLUSIONS

45–60 minutes MetCon class led by qualified coaches

Access to locker and shower facilities at Damai

Complimentary 45-minute recovery in Damai's Thermal Hydrotherapy facilities, including the Dual Therapy Sauna, Air Lounge Hydro Pool, Salt Infused Steam Room, and Halo Contrast Therapy Shower



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HY-PACE (SMALL GROUP CLASS)

UP TO 6 PAX PER CLASS

SGD50 nett per person per class

HY-PACE brings a structured yet approachable path to HYROX training, helping you elevate your fitness with intention. Built around the HYROX core pillars—coordination, strength, speed, power, endurance, and flexibility—each session develops the physical qualities needed to perform with control and confidence.

Through progressive training blocks and repeated workout elements, you will learn how to pace yourself effectively, track improvements, and refine technique. With a focused group setting and expert coaching, HY-PACE builds on what you've developed in MetCon, guiding you toward stronger, more consistent performance.

CLASS HIGHLIGHTS

HYROX SKILL BUILDING

Learn the foundational movements and improve efficiency.

OFFICIAL PROGRAMMING

Train with HYROX-Certified coaches in a HYROX-affiliated facility.

LEARN THE HYROX STYLE

Get familiar with HYROX's unique training approach, pacing strategies, and repeated workout elements so you feel confident stepping into the race environment.

MOVEMENT COACHING

HYROX-Certified coaches guide you through key exercises with tips to refine technique.

FOCUSED COACHING

Small group sizes ensure attention, support, motivation and real-time feedback.



CLASS INCLUSIONS

45-60 minutes HY-PACE class led by HYROX-Certified coaches

Access to locker and shower facilities at Damai

Complimentary 45-minute recovery in Damai's Thermal Hydrotherapy facilities, including the Dual Therapy Sauna, Air Lounge Hydro Pool, Salt Infused Steam Room, and Halo Contrast Therapy Shower

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HYROX MEMBERSHIP

SGD299 nett per month

Designed for participants who want to build a longer-term training habit with the flexibility to attend any MetCon or HY-PACE classes, enjoy unlimited access to sessions led by HYROX-Certified coaches, while also benefiting from Damai's premium fitness and recovery facilities throughout the subscribed month. This membership offers a holistic experience to strength, endurance, and wellness, making it the ideal choice for those committed to sustained performance.

MEMBERSHIP HIGHLIGHTS

FLEXIBLE CLASS ACCESS

Unlimited entry to HYROX and MetCon classes each month.

PERFORMANCE LIFESTYLE

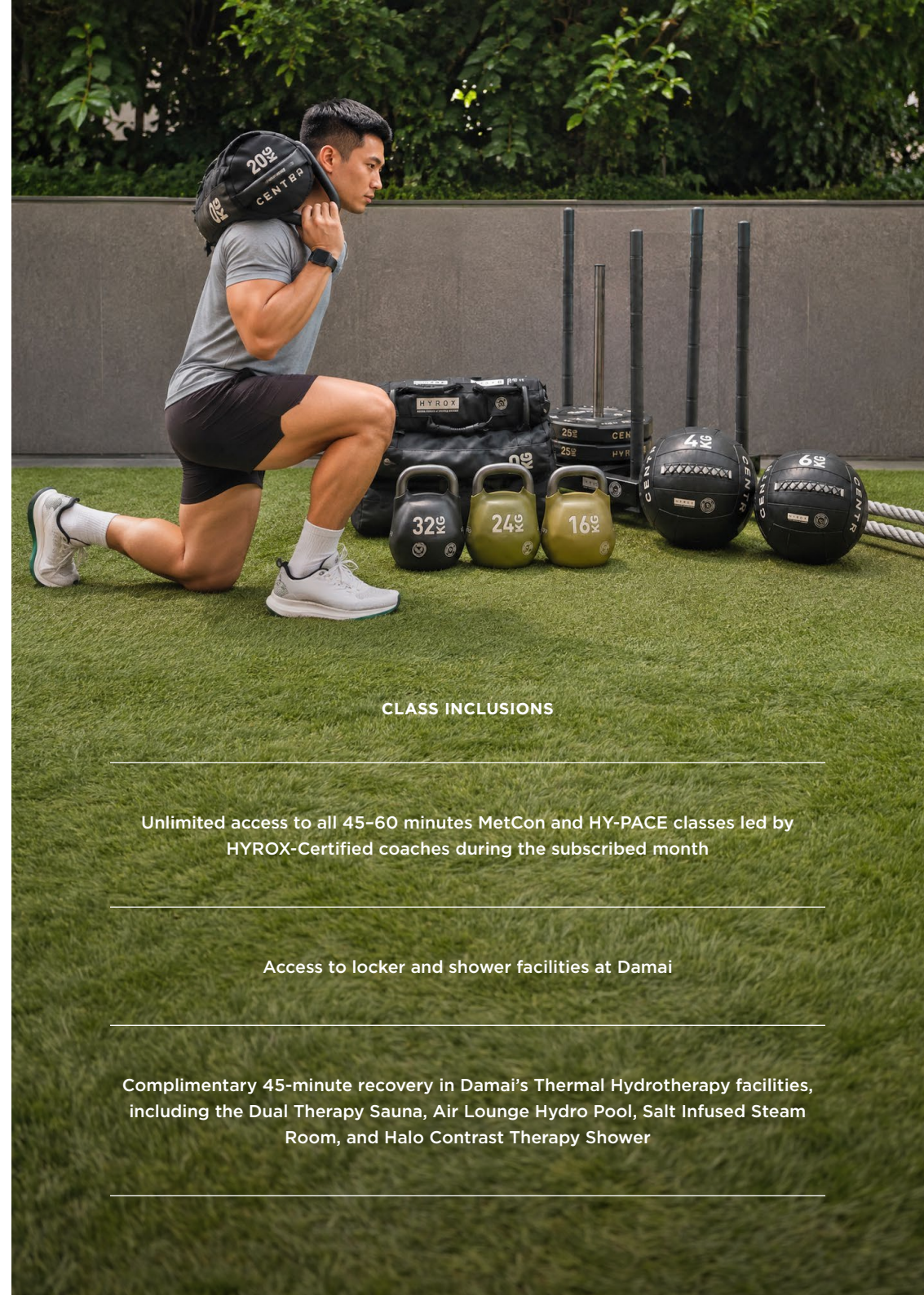
A membership that integrates training, recovery, and wellness into one HYROX experience.

AEROBIC BASE AND HYROX SKILL BUILDING

Cycle through the body's energy systems with guided practice while learning HYROX's foundational movements.

FOCUSED COACHING

Small group sizes ensure attention, support, motivation and real-time feedback.



CLASS INCLUSIONS

Unlimited access to all 45-60 minutes MetCon and HY-PACE classes led by HYROX-Certified coaches during the subscribed month

Access to locker and shower facilities at Damai

Complimentary 45-minute recovery in Damai's Thermal Hydrotherapy facilities, including the Dual Therapy Sauna, Air Lounge Hydro Pool, Salt Infused Steam Room, and Halo Contrast Therapy Shower

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HY-READY (9 WEEKS PROGRAMME)

MIN. 2 PAX, UP TO 5 PAX PER SESSION

SGD798 nett per person

The HY-READY Programme is a focused 9-week journey designed to prepare you for your first HYROX race with confidence. Beginning with a 1-week introduction to movements and techniques, the programme then guides you through 8 weeks of progressive training to help every athlete get the most out of their performance.

Training in a small, supportive group, you will follow a structured plan that steadily builds strength, endurance, and race-specific conditioning. Each session has a clear purpose—helping you pace yourself, manage fatigue, and move efficiently across HYROX's unique workout demands.

As the weeks progress, your training begins to mirror that of athletes preparing for competition. With discipline, structure, and increasing focus on performance, this is where everything comes together—giving you the confidence to step onto the race floor truly HY-READY.

PROGRAMME HIGHLIGHTS

ASSIGNED COACH

A HYROX-Certified coach tracks your progress as training intensifies.

TRAIN LIKE AN ATHLETE

Follow a plan designed to help you reach your goals.

STRUCTURED SESSIONS

Balanced training that accounts for recovery as well as effort.

OFFICIAL PROGRAMMING

Train with HYROX-Certified coaches in a HYROX-affiliated facility.

MASTER THE MOVEMENTS

Introductory week dedicated to refining HYROX techniques for efficiency.

FOCUSED COACHING

Small group sizes ensure attention, support, motivation and real time feedback.

CUSTOMISED TRAINING

Tailored plans for Pro, Solo, Doubles, or Relay formats.

PROGRAMME INCLUSIONS

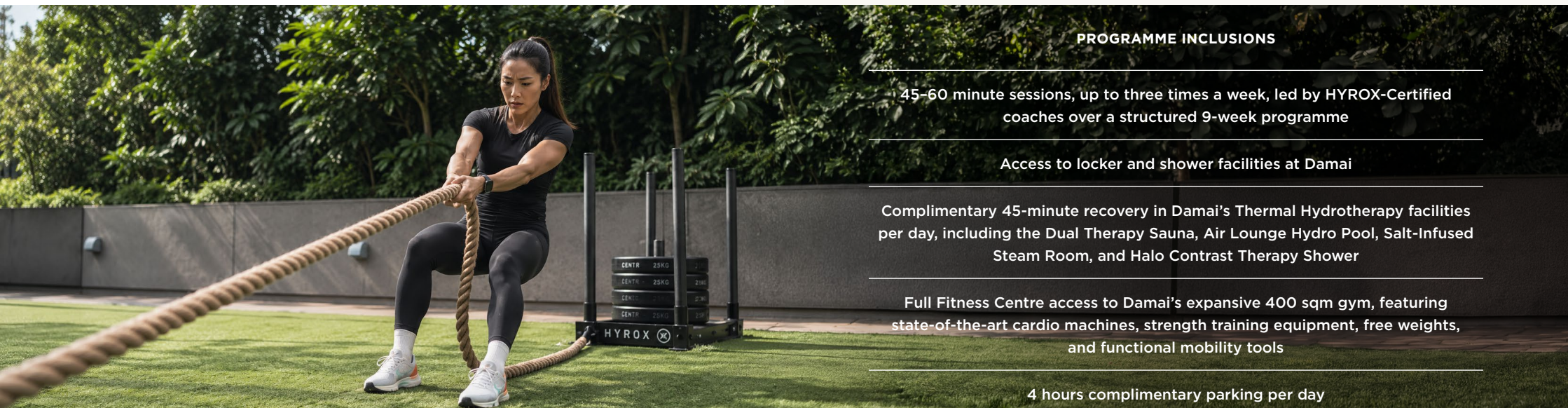
45-60 minute sessions, up to three times a week, led by HYROX-Certified coaches over a structured 9-week programme

Access to locker and shower facilities at Damai

Complimentary 45-minute recovery in Damai's Thermal Hydrotherapy facilities per day, including the Dual Therapy Sauna, Air Lounge Hydro Pool, Salt-Infused Steam Room, and Halo Contrast Therapy Shower

Full Fitness Centre access to Damai's expansive 400 sqm gym, featuring state-of-the-art cardio machines, strength training equipment, free weights, and functional mobility tools

4 hours complimentary parking per day



DAMAI

HY-PERFORMANCE (9 WEEKS CUSTOM PROGRAMME)

UP TO 5 PAX PER SESSION

SGD1198 nett per person

HY-PERFORMANCE is our most advanced and high-touch training experience, designed for athletes who want to push themselves and perform at their very best.

Over 9 weeks, you will follow a tailored programme supported by detailed assessments and expert coaching. With four sessions per week, every class is purposeful, refining strength, endurance, pacing strategy, and efficiency under fatigue. In a focused small group setting, you will receive the attention and customisation needed to unlock meaningful performance gains.

Here, you'll train with the intent and precision of a competitive athlete—where every detail matters, and every session is designed around you. For those seeking more from their training, HY-PERFORMANCE offers the structure, coaching, and environment to help you realise your full potential.

PROGRAMME HIGHLIGHTS

ASSIGNED COACH

A HYROX Level 1 Certified coach tracks your progress as training intensifies.

REGULAR ASSESSMENTS

Identify weaknesses and measure improvements.

TAILORED SESSIONS

Custom plans designed to address your needs and get you competition-ready.

OFFICIAL PROGRAMMING

Train with HYROX-Certified coaches in a HYROX-affiliated facility.

MASTER THE MOVEMENTS

Introductory week dedicated to refining HYROX techniques for efficiency.

FOCUSED COACHING

Small group sizes with full attention on each athlete's needs, recovery, and pacing strategy. Every session is designed to ensure you are supported, motivated, and guided with real-time feedback.

PERSONALISED TRAINING

Individual assessments paired with tailored plans for Pro, Solo, Doubles, or Relay formats, ensuring your programme matches your competition goals and personal strengths.

PROGRAMME INCLUSIONS

45-60 minute sessions, up to four times a week, led by HYROX Level 1 Certified coaches over a structured 9-week programme

Access to locker and shower facilities at Damai

Complimentary 45-minute recovery in Damai's Thermal Hydrotherapy facilities per day, including the Dual Therapy Sauna, Air Lounge Hydro Pool, Salt Infused Steam Room, and Halo Contrast Therapy Shower

Full Fitness Centre access to Damai's expansive 400 sqm gym, featuring state of the art cardio machines, strength training equipment, free weights, and functional mobility tools

Dual outdoor pool access to both the 25-metre semi-Olympic sized pool and the hydro-massage Wellness Pool, designed for post-workout recovery.

4 hours complimentary parking per day





TO BEGIN YOUR HYROX JOURNEY,
book your preferred classes and programmes today,
or sign up for the HYROX Membership for unlimited monthly access.

For enquiries, bookings, or membership registration, please contact us and our team will be delighted to assist you
in selecting the right pathway to elevate your training and performance.

DAMAI
SPA & FITNESS CENTRE

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