



EXPLORE

Let One&Only Royal Mirage unveil the timeless charm of Dubai. Bask in the golden sands of our private beach, unwind by our stunning pools, and embrace the warm Arabian sun. Beyond the resort, discover a city where tradition meets modernity, with curated experiences that take you from the vibrant souks to the iconic skyline, all just moments away.






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One&Only

ROYAL MIRAGE, DUBAI





FITNESS CENTRE

The combination of a dedicated fitness team and an exquisite training environment makes the fitness experience at One&Only Royal Mirage truly special. The Fitness Centre is fully equipped with Technogym Artis, Skillmill™ Connect, Kinesis Stations and Flexibility.

PERSONAL TRAINING SESSION

Enjoy a personalized training session that's tailored just for you! Work one-on-one with a certified fitness trainer who will help you achieve your specific goals and needs.

AED 275 for 45 mins | AED 400 for 60 mins

SHADOW BOXING

Join our shadow boxing session for a dynamic workout that combines punching and movement without the need for an opponent. This engaging exercise boosts your cardiovascular health, enhances coordination and builds muscular endurance, making it a fun and effective way to stay fit

AED 200 for 30 mins | AED 250 for 45 mins

CORE STABILITY SESSION

Experience the benefits of a core training session that focuses on enhancing your overall fitness and wellness. Strengthening your core muscles not only improves your posture and stability but also reduces risk of injuries.

AED 275 for 30 mins

ASSISTED STRETCHING

Join our class to experience a wonderful balance of relaxation and energy! This full body stretch helps you become more mindful of your body while safely increasing flexibility without any strain..

AED 275 for 30 mins

RUNNING PARTNER

Ideal for endurance event preparation or if you simply enjoy running outdoors. Distance and running time depend on your fitness level and your heart rate will be monitored throughout the run. The session ends with a cool down and a stretch.

AED 200 for 30 mins

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For more information, call extension 2187

PRIVATE YOGA SESSION

Discover the benefits of Asanas (Yoga Postures), meditation, breathing techniques and stretching. This practice, rooted in Indian tradition, emphasizes breath control, simple meditation and the adaption of specific body postures for enhanced well-being.

500 for 60 mins

HIIT TRAINING

Experience HIIT (High Intensity interval training) where you push yourself to the max with quick bursts of intense exercise, followed by short recovery periods. This technique keeps your heart rate elevated, helping you burn more fat in less time while delivering an energizing workout.

AED 150 for 30 mins | AED 200 for 45 mins

TABATA TRAINING

Experience a timed interval workout that alternates between 20 seconds of maximum effort and 10 seconds of rest, repeated eight times for an intense four-minute challenge. This method pushes your limits for an ultimate fitness boost

AED 150 for 30 mins | AED 200 for 45 mins

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ROYAL MIRAGE, DUBAI

SUSPENSION TRAINING

Transform your body weight into a personalized workout that grows with you. Suspension Training combines bodyweight exercises to build strength. Balance, flexibility and core stability all at once. Utilizing the TRX suspension trainer, this versatile tool harnesses gravity for effective performance training

150 for 30 mins | 200 for 45 mins

SPORTS TRADITIONAL MASSAGE

Experience the rejuvenating benefits of Sports traditional massage, a time-honored therapy that combines deep tissue techniques with ancient healing wisdom. Specifically tailored for athletes and active individuals, this massage enhances performance, accelerates recovery and promotes overall wellness.

AED 275 for 30 mins | AED 350 for 45 mins

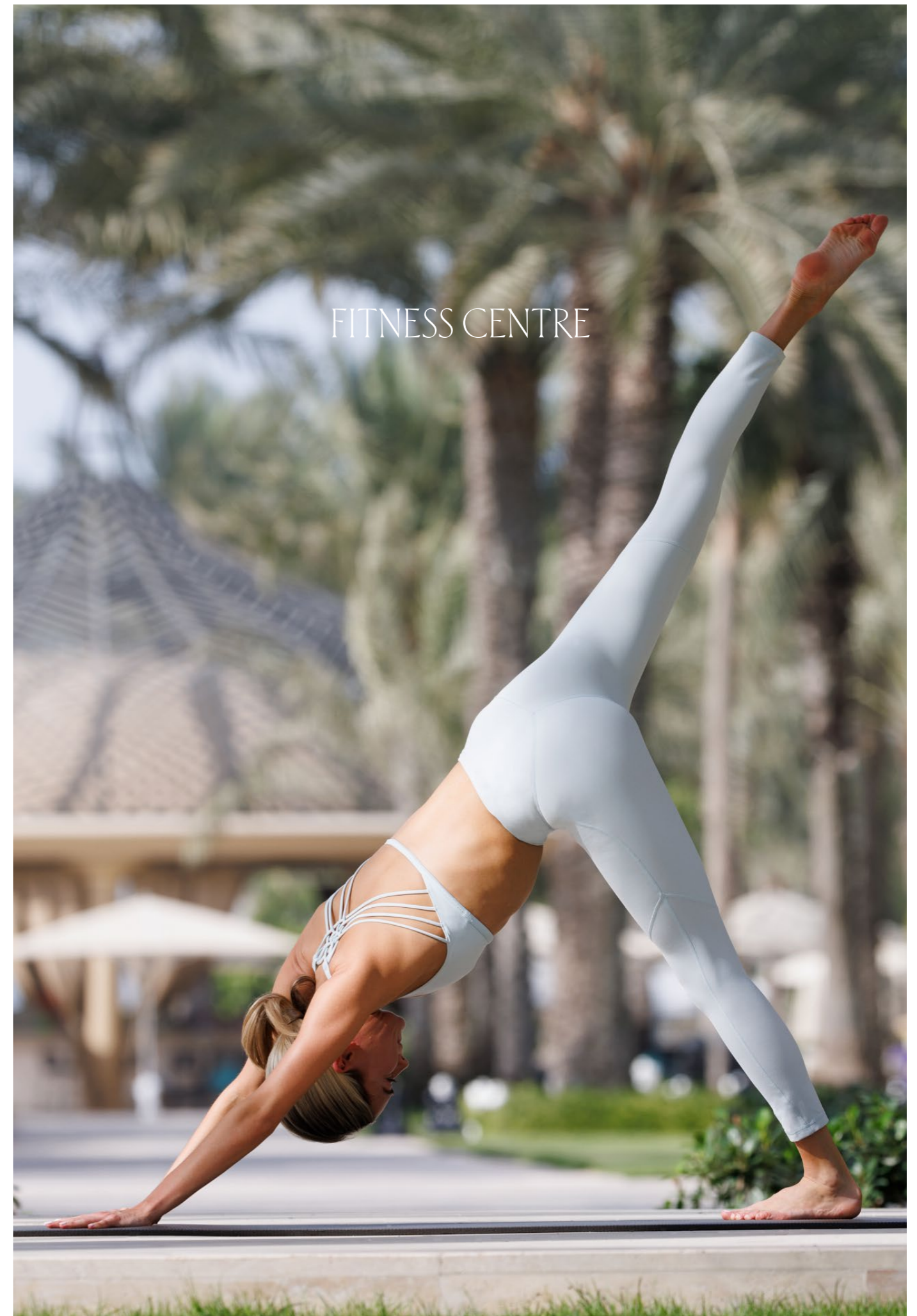
SPORTS GUN MASSAGE

Revitalize your body and boost recovery with our exclusive Sports Gun Massage therapy. Ideal for fitness enthusiasts, athletes or anyone needing relief from muscle tension and soreness, this specialized percussive therapy is designed to enhance your wellbeing.

AED 200 for 30 mins | AED 250 for 45 mins

For more information, call extension 2187

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TENNIS & PADEL

Unleash your energy and master the game with our Tennis and Padel sessions! Whether you're a seasoned pro or just starting, enjoy spacious courts, expert coaching, and a fun atmosphere that keeps you on your toes. Grab your racket and join us for thrilling matches and exciting challenges!

PRIVATE LESSONS

Single Lesson	60 mins	AED 450
Package of 10 Lessons	60 mins	AED 400

SEMI-PRIVATE LESSONS

Single Lesson	60 mins	AED 550
Package of 10 lessons	60 mins	AED 500

TENNIS BALL MACHINE

Single Lesson	60 mins	AED 150
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Can of balls	AED 40
Racket Rental	complimentary

Charge of 50% of the fee apply for cancellations less than 4 hours notice.

In the event of no show, the full price will apply. All prices are subject to change without prior notice. All prices are in AED and inclusive of applicable municipality fee, service charge and VAT.

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For more information, call extension 2185 or 2192





KIDS ONLY

Under the supervised care of expert counsellors, this complimentary club offers a daily programme of age-appropriate themed activities with a focus on discovery, education, local culture, nature, sports, arts and crafts that channel all the wonders of Arabia.

AGES

Use of KidsOnly clubs and amenities is free to all resort guests aged between four and eleven years. Children under four are welcome to use the club's facilities but must be supervised at all times by a parent, guardian or babysitter.

BABYSITTING

Subject to availability, our Guest Experience team will be happy to assist our guest with babysitting services at a nominal cost. Babysitting places are limited, so we urge bookings to be made at least 48 hours in advance.

Professional Babysitter provider (Nightingale).
4 hours minimum service
AED 150 per hour

For more information and bookings, please dial '0'

REGISTRATION

Participation in KidsOnly activities is subject to prior registration and adherence to the club's rules and safety regulations.

We strongly recommend that child/ren are present at least 5 to 10 minutes at the club prior to the start of any scheduled activities to avoid disappointment.

FACILITIES

- Indoor playroom
- Arts & craft area
- TV / Theater room
- ITC corner
- Arcade room (from 8 years and above)
- 2 outdoor playgrounds with trampoline, wall of canvas and much more

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For more information, call extension 2193

REGULATION

Should parents leave the resort while your child is at the club, such must be informed to the KidsOnly supervisor/manager of your whereabouts and how you can be contacted for any concern.

MEDICATION

For reasons of safety, KidsOnly Club team members are not allowed to administer medicines to children. If your child requires medication, parents must be present to administer it. In the event of prolonged absence of parents or guardians beyond normal hours, the KidsOnly team members are authorised to take such measures as may be necessary to ensure the child's wellbeing.

LANGUAGES

KidsOnly Agent from different nationality and languages

- Arabic
- English
- Afrikaans
- French
- Swahili
- Creole

DRESS CODE

Child should be fit and well and is dressed appropriately for the scheduled activities. Child has a hat or cap, sun cream, swimsuit and a change of clothing, along with arm bands or swimming rings for non-swimmers, as these items will not be provided.

ACCIDENTS

In the event of an accident, illness or emergency, and should parents be unreachable, they must authorise the officers, employees or agents of One&Only Royal Mirage to take whatever steps they deem necessary or appropriate, including obtaining emergency medical treatment. In the event of a doctor's appointment or visit, medical or hospital expenses, the parent/guardian must reimburse One&Only Royal Mirage all expenses incurred.

THINGS TO KNOW





ACTIVITIES

INDOOR

Discover an exciting indoor program with great fun of entertainments, educational, socialization games.

Arts and craft activities
30 - 45mins

Board / Social game
30 - 45mins

Kids culinary workshop
45 - 60mins

TASTE OF ARABIA

Immerse yourself in the rich local culture through engaging activities that celebrate traditions, storytelling, and hands-on experiences. Discover the essence of the community through interactive games, crafts, and cultural explorations that bring history and heritage to life.

Sunset beach camel and pony ride
Traditional Henna tattoo
45 - 60mins

Meet the falconer
45 - 60mins

Dubai sand art
45 - 60mins

OUTDOOR

Embark on an exciting outdoor adventure filled with exploration, challenges, and a deep connection to nature.

Pool and beach activities
30 - 45mins

Environmental / Discovery activities
30 - 45mins

Team / Garden activities
30 - 45mins

Watersport activities
30 - 45mins

YEARLY ACTIVITIES

Experience a year filled with exciting activities that celebrate every season! From cultural festivals and traditional workshops to outdoor adventures and community gatherings, each event is designed to bring people together, inspire learning, and create unforgettable memories.

Easter Sunday activities
45 - 60mins

School holiday workshops
45 - 60mins

Halloween celebration
45 - 60mins

Festive activities
45 - 60mins

One&Only

For more information, call extension 2193

TENNIS AND PADEL

Our professional tennis coach will improve your child's game with a structured program designed to develop solid tennis technique.

AED 450 for 60mins
5 years and above
Prior reservations is required

SWIMMING LESSONS

One-to-one swimming lessons conducted by fully qualified staff.

AED 180 for 30mins | AED 360 for 60mins
4 years and above
24 hours prior booking is required





TR/BE

Teens can enjoy an array of activities at OneTribe, including Retro Arcades games, basketball games, PlayStation sessions, table tennis, teqballs games, and billiard tournaments.

Open for 12 years and above.

OPERATION HOURS

Daily | 9 am - 9 pm

INDOOR EQUIPMENTS

- Retro Arcade games
- Scoring Basketball
- Car Simulator
- PlayStation Corner
- Hockey Table

OUTDOOR EQUIPMENTS

- Teqball Table
- Table Tennis Tables
- Beach Volleyball
- Basketball
- Soccer Pitch

THINGS TO KNOW

REGULATIONS

We recommend that children be at least 8 years old and above to enter without parent or legal guardian. All children under 8 years old require a parent or legal guardian who are 18 years old or older at all times.

DRESSCODE

All guests must wear appropriate clothing at all times. No swimming wears or wet clothing will be permitted within the facilities

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For more information, call extension 2193



COMPLIMENTARY ACTIVITIES

FOR ALL AGES



We also offers the following activities that can be enjoyed by guests of all ages.

9 HOLE MINI GOLF

Available during day
24 hours prior booking is required

GIANT OUTDOOR GAMES

Jenga and Chess

5 KM MORNING RUN

45 mins

TABLE TENNIS

Located at Arabian Court & Palace Cabana

BEACH FOOTBALL AND VOLLEYBALL

STREET BASKETBALL

45 mins

One&Only

For more information, call extension 2187



WATERSPORTS

Thrill-seekers can enjoy waterskiing, wakeboarding or knee-boarding on our beach shores. Or why not fly high with Flyboard or Water Jet Pack experiences? Even if you're a complete beginner, you can learn the essential skills and safety techniques of flying these latest water devices from our professional instructors.

THE BOATHOUSE PRIVATE CRUISES

Speedboat Up to 4 persons	60 mins	AED 1,200
Fishing Trip Up to 8 persons	4 hrs	AED 5,000
Private Yacht 50ft Up to 10 persons, Minimum of 2 hrs	60 mins	AED 3,000
Private Yacht 50ft Up to 12 persons Minimum of 2 hrs	60 mins	AED 4,500

NON-MOTORIZED ACTIVITIES

Single kayaking	30 mins	AED 100
Double kayaking	30 mins	AED 125
Schiller bike	30 mins	AED 250
Pedal boat	30 mins	AED 250
SUP	30 mins	AED 100

SELF-DRIVE GUIDED

Electric Jet Ski	15 mins 30 mins	AED 600 AED 1,200
Jet Ski Single Tour	30 mins 60 mins	AED 750 AED 1,100
Jet Ski Double Tour	30 mins 60 mins	AED 950 AED 1,500
Jet Car	30 mins 60 mins	AED 3,000 AED 5,000

MOTORIZED ACTIVITIES

Flyboard	30 mins 45 mins	AED 600 AED 1,000
Jetovator	30 mins 45 mins	AED 600 AED 1,000
Hoverboard	30 mins 45 mins	AED 600 AED 1,000
Wake Surf	60 mins	AED 2,000
Wakeboard / Skiing	30 mins	AED 800
Donut Ride Minimum of 2 persons	15 mins	AED 200
Jetpack	30 mins 45 mins	AED 600 AED 1,000
iAqua	15 mins	AED 550
Jetboard - Foil	30 mins 60 mins	AED 1,200 AED 2,000
Airstream Ride	15 mins	AED 250
Banana Boat Minimum of 2 persons	15 mins	AED 200
Wow Ride	15 mins	AED 200



AL JANOUB

Sunbed
500 per adult
inclusive of AED 400
food and beverage
credit by the pool or at
Beach Bar & Grill

Double Gazebo
AED 1,200 per gazebo
inclusive of AED 800
food and beverage
credit by the pool or at
Beach Bar & Grill

Cabana
AED 1,700 per cabana
for 4 adults
inclusive of AED 1,300
food and beverage
credit by the pool or at
Beach Bar & Grill

THE PALACE POOL

AED 450 per adult
inclusive of AED 200
food and beverage
credit

AED 250 per child
4 - 15 years old
inclusive of AED 100
food and beverage
credit

Credit is redeemable
at Beach Bar & Grill,
Esplanade or beverages
by the pool & beach

THE RESIDENCE POOL

AED 550 per adult

ARABIAN COURT POOL

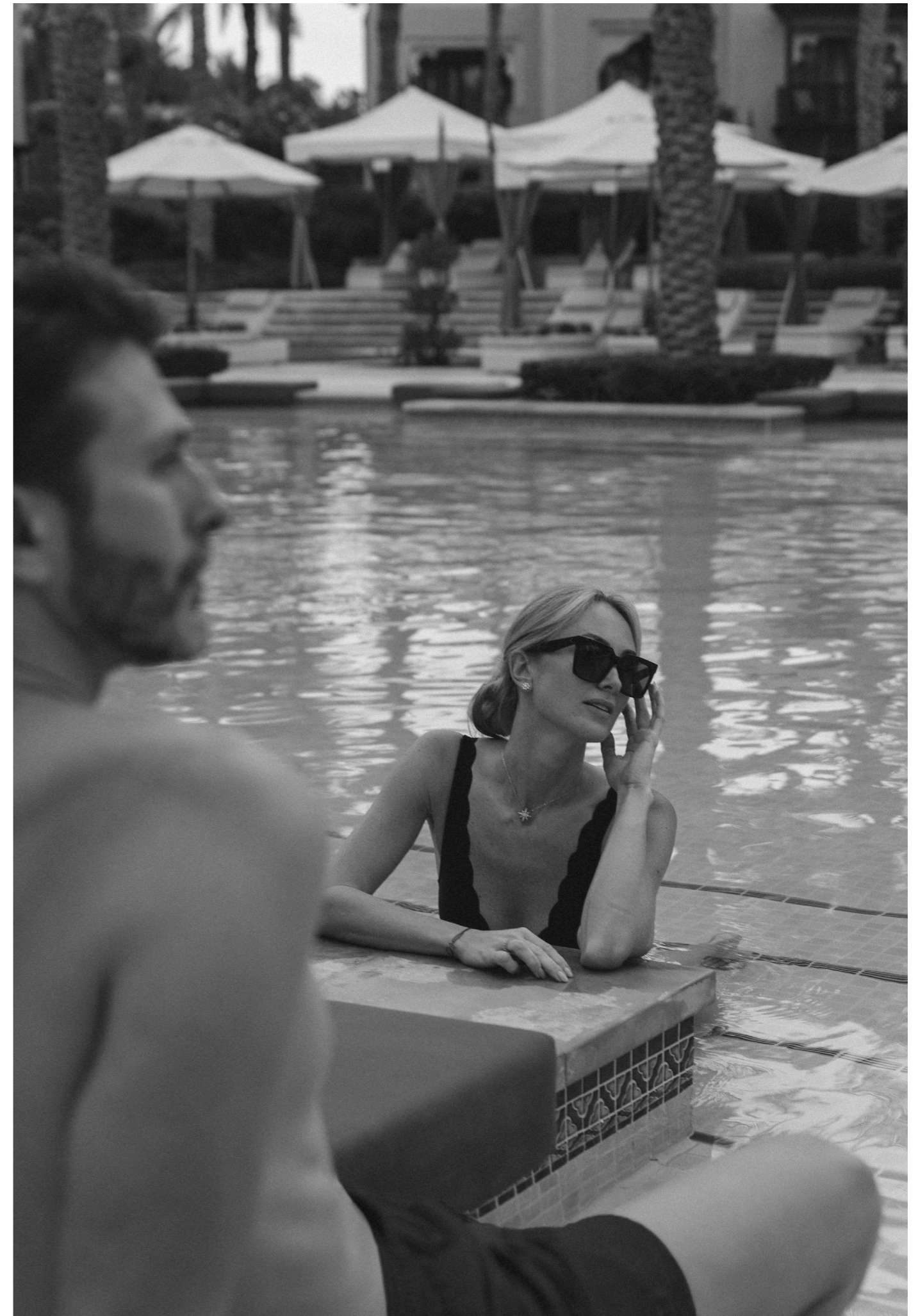
AED 450 per adult
inclusive of AED 100
food and beverage
credit

AED 250 per child
inclusive of AED 100
food and beverage
credit

Credit is redeemable at
Eauzone or beverages
by the pool or beach

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For more information, call extension 2185 or 2192





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