

THE BRIDGE
VIBRANT EVENT SPACES



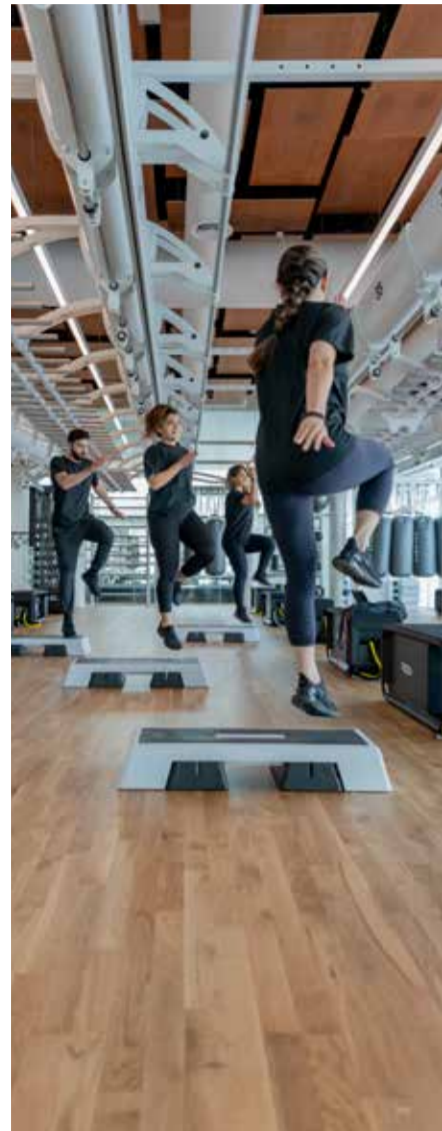
HUMANIZING WELLNESS

Experience an idyllic retreat in the heart of Abu Dhabi, designed with purposeful approach to optimize a humane & holistic wellness journey.

An urban modern hub catering to A-Z of wellness activities; from state-of-the-art advanced gyms to calming art escapes, we offer everything you need to nourish your mind, body, and soul. Our expert TASTE team curates healthy, organic delights tailored to your event, with unparalleled service ensuring an unforgettable experience. Create lasting memories with us, whether it's for a corporate event or your dream private celebration.

SEVEN INTEGRATED TRACKS

THAT COULD HELP YOU REACH YOUR BALANCE



MOVE | ACTIVITY SPACES

Beyond just a gym, we guide and inspire you through our science-backed fitness programs. We encourage the freedom to reconnect with your body using the latest technology, alongside the support of the most qualified coaches. With every experience, we bring you a step closer to understanding the importance of gentle movement. To live and feel better, one day at a time.

- \ Latest Innovative Equipment
- \ 8 Studios
- \ Indoor Running Track
- \ Personal Training
- \ 70+ classes a week



PAUSE | A SANCTUM TO RECOVER

For every action, there is an equal and opposite reaction. And our reaction is restoration. When life moves fast, we are the reminder that slow matters too. Spaces for quiet breath, therapies to reset and meditative practices to encourage relaxation and promote a feeling of appreciated disconnection. To alleviate physical and mental stress, gently nurturing our whole being.

- \ Therapeutic Spa
- \ Cryotherapy
- \ Hydroxy Airpod
- \ Yoga & Pilates
- \ Breathwork



TASTE | PLACES TO NOURISH & REPLENISH

A restaurant and roof-top garden lounge bringing the delight of rich and organic flavours with cutting edge nutritional science. We are geared towards health and wellness goals, yet create favourite cravings for many. To connect with true goodness through a multi-sensory space combining warmth of home and culinary art experience, every day.

- \ 100% Organic Culinary F&B Outlets
- \ Integrative Nutrition Consultancy & Meal Plans



CHOOSE | A CONCEPT STORE

Providing everything you need and nothing you don't. Eco-friendly, sustainable and natural materials, bringing increased vitality to your life. We help you achieve a holistic lifestyle, through our Bridge branded nutritional supplements, non-toxic personal care products, functional athleisure, and lifestyle accessories, reminding you of a minimalistic, kind life. To readopt clean essentials for our body with a purposeful approach.

- \ Organic Supplements
- \ All-natural Body Care
- \ Athleisure
- \ Lifestyle Accessories



SEEK | INTERSECTIONS FOR DISCOVERY

A borderless extension of The Bridge's transformational experience. We craft journeys to ground bodies and expand souls and minds. Unique destinations and adventures gather members within the sphere of fitness and wellbeing, building a community with a symbiotic sense of belonging. To re-connect with nature as a root-source, essential for our vital synergy.

- \ Outdoor Classes
- \ Activities & Retreats to reconnect with nature



EXPAND | SOUL-ENRICHING CURATIONS

Our in-between spaces. The entire Bridge serves as a cultural hub. We select art for the soul, music to rhythmize your emotions, film to inspire your imagination, literature to widen your horizons, and engaging events amongst a community to express and share creativity with. To take care of our emotional well-being, uplifting the experience in moments.

- \ Cultural Spaces
- \ Arts
- \ Film Screenings
- \ Music
- \ Community & Events



LEARN | EDUCATIONAL SPACES

A platform to enrich our mind to its limitless potential. Let's imagine another world with more joy, a life lead with conviction, and kindness. We invite you to discover new practices from deep research and evidence-based science that will inspire you to develop a variety of lifestyle, fitness and health-oriented skills. To authentically inform to transform with all tracks, a ubiquitous and humble learning paradigm.

- \ Podcasts
- \ Lectures
- \ Workshops
- \ Documentaries
- \ Content Articles

CINEMA & ARTSPACE | GROUND FLOOR

Experience a modern & minimal refreshing bespoke venue with unrivaled flexibility. Our customized arrangements cater to all occasions, from corporate sit-downs, workshops to casual team bonding events.

Seating Capacity:

/ Cinema Seating Capacity: 28-40 PAX, Closed venue

/ Cinema & Art Space Seating Capacity: 70-100 PAX

Amenities

LED Screen / TV Screen / HDMI / Projector /
1 Wireless Microphone / Clicker / Built-in
Bluetooth Speakers / Flipcharts

Setups



U-Shape
20 PAX



Theatre
28 PAX



Classroom
20 PAX



Fish Bone
14 PAX



Boardroom
30 PAX



Semi-circle
50-80 PAX





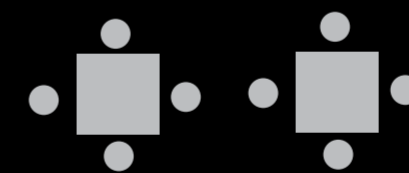
TASTE RESTAURANT | GROUND FLOOR

Experience a uniquely artsy open layout space at The TASTE Restaurant, designed to inspire organic conversations and strengthen your bonds. Our communal table provides a productive atmosphere for guests to build relationships while enjoying delicious organic cuisine.

Seating Capacity

100 PAX

Setups



Banquet

100 PAX



Communal Table

40 PAX

SOLARIUM | ROOFTOP

Endeavor the ultimate Instagram-worthy private meeting room with stunning views of the ever-pristine Sheikh Zayed mosque. Our exclusive solarium is the dream intimate space for celebrating all your milestones, ensuring unforgettable memories that will have your guest in awe.

Seating Capacity

10-12 PAX

Amenities

TV Screen/ HDMI/ Clicker/ Built-in Speakers

Setups



Boardroom

12 PAX



Fine Dine

12 PAX

Please note that Ladies Only timing is observed on Monday - Friday from 9:00AM-12:00PM.





GARDEN LOUNGE | ROOFTOP

Escape to our enchanting rooftop garden lounge and immerse yourself in nature's culinary organic vibe. Our restaurant lounge offers a perfect ambiance for your guests to relax & unwind under a star-lit sky while soaking in the majestic view of Sheikh Zayed mosque.

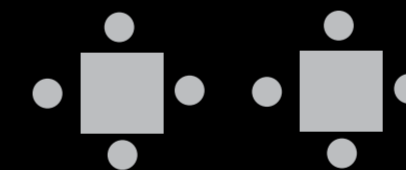
Seating Capacity

80-100 PAX

Amenities

TV Screen/ HDMI/ Clicker/ Built-in Speakers

Setups



Banquet

80-100 PAX

**Please note that Ladies Only timing is observed on Monday - Friday from 9:00AM-12:00PM.*

POOLSIDE | ROOFTOP

Indulge in a lavish rooftop poolside experience with breathtaking views of the Al Qana & its gentle breeze, alongside our cozy yoga deck, all under the magical colors of the sunset. Take your event to the next level with our state-of-the-art LED cinema-size screening and sound system, ensuring an immersive experience that your guests will never forget.

Seating Capacity

30-100* PAX

**depending on the setup*

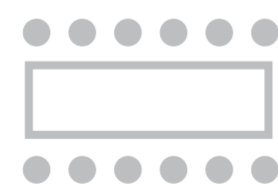
Amenities

LED Screen/ Speakers / Wireless Microphone

Setups



Theatre
50 PAX

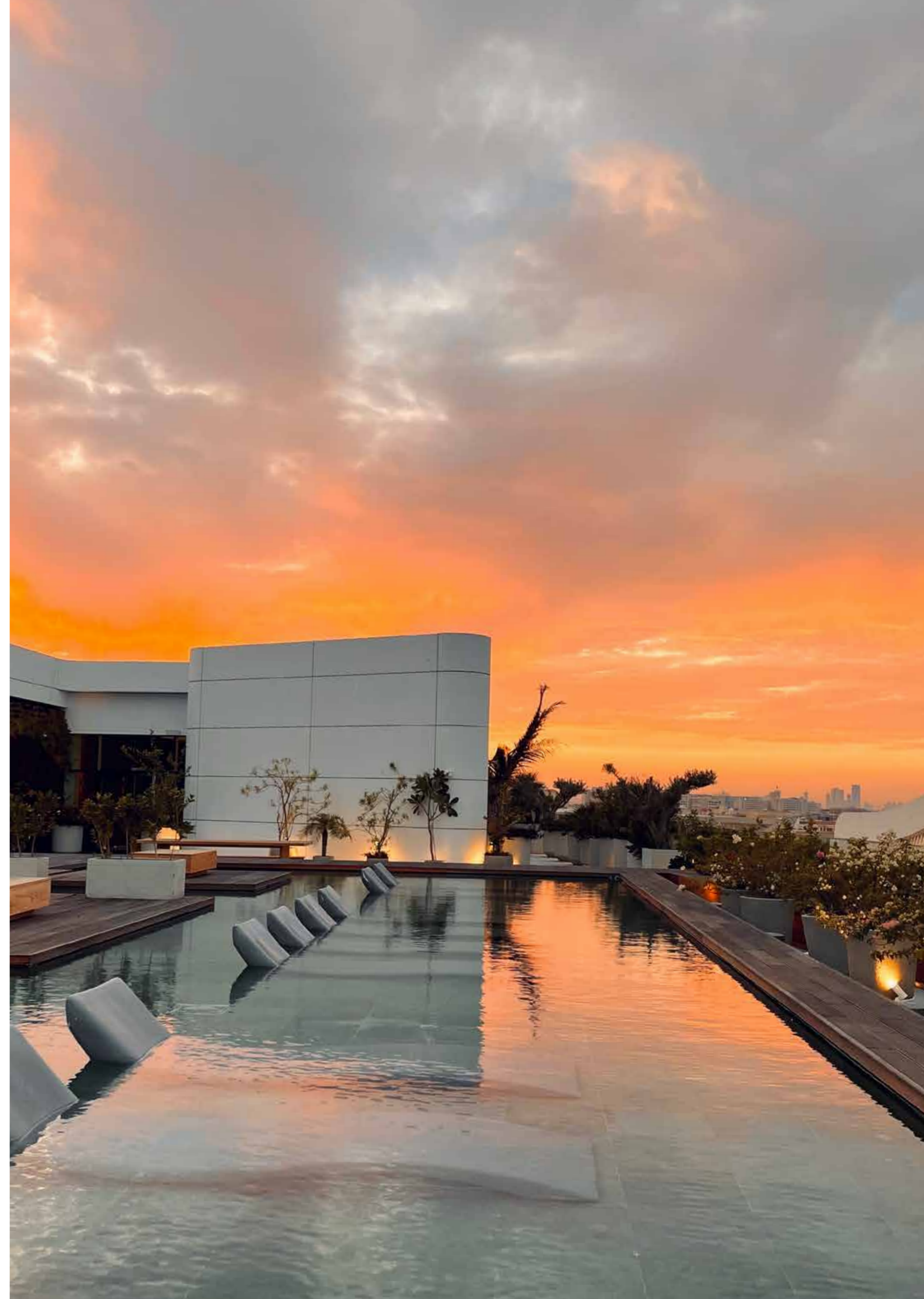


Long Dining
30 PAX



Banquet
50-100 PAX

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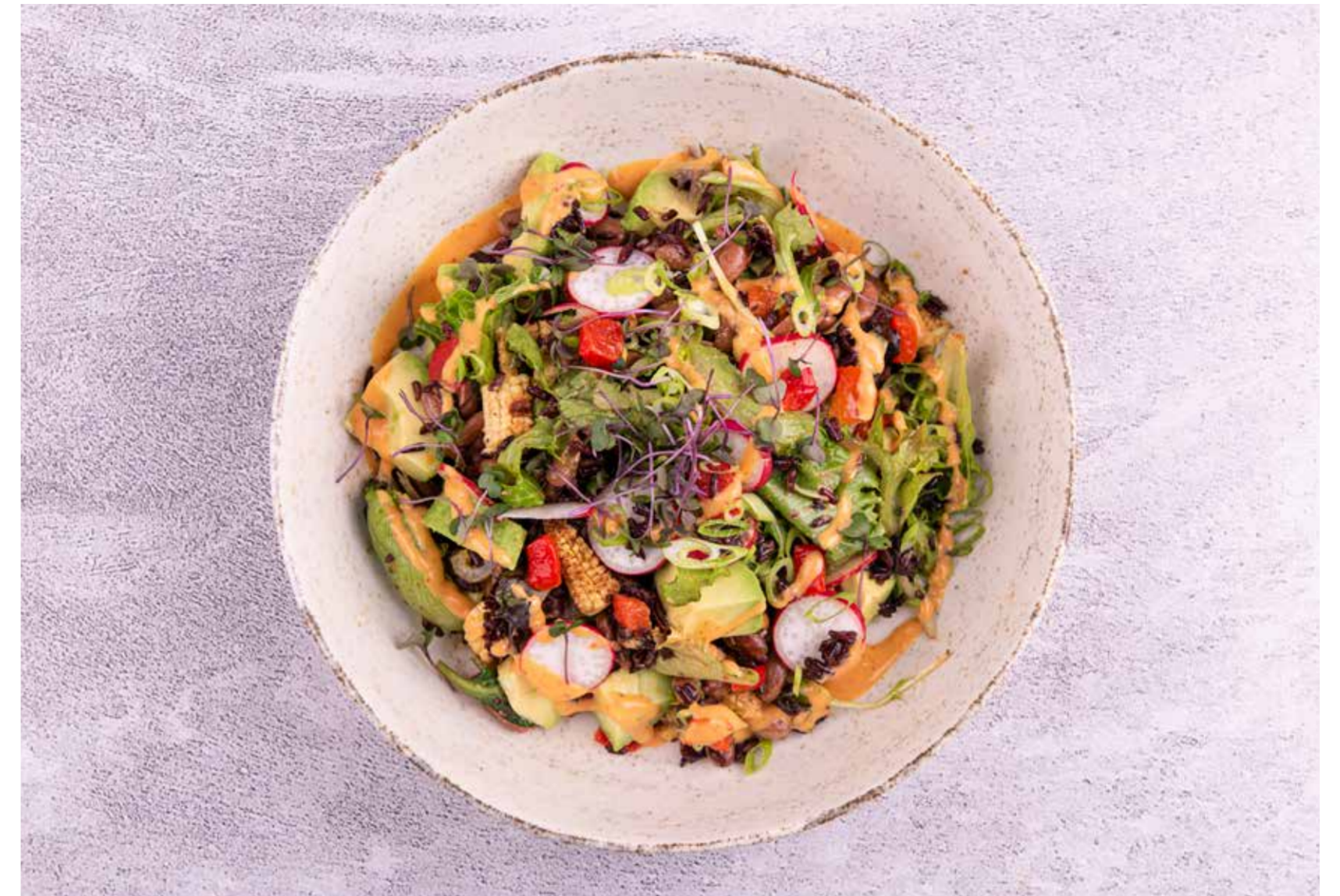


GARDEN HARVEST

Roasted Beets, Feta & Pomegranate Salad

*Revitalize your meal with our **GARDEN HARVEST**; a fiber-rich vibrant delight curbing hunger & regulating insulin. Rejuvenate your senses with farm-fresh goodness, while leaving your gut health replenished!*

/ Handful Curations From Our Vibrant Menu



Mexican Farmer's Salad



Refined Panzanella Salad with Burrata



Berry & Frangipane Tart



Signature Pecan Pie



SWEETENED BY NATURE

Chocolate Sea Salt Tart

SWEETENED BY NATURE to satisfy your sweet tooth cravings & discover the antioxidant powerhouse in our nutritional infusion of chocolate, berries, and nuts. Indulge in Guilt-Free Sweetness with antioxidant polyphenols shielding you away from threats like diabetes instead of an early ticket to them!

/ Handful Curations From Our Vibrant Menu



Slow cooked Wagyu Beef Stew Provençal



Creamy Rigatoni Alfredo Mushroom Pasta (vegan)

HEARTWARMING

Flamed Baby Chicken with Chermoula Herb Sauce

Nourish & restore with the HEARTWARMING warmth of organic Mediterranean flavors curated to boost your well-being. From fiber abundances of sweet potatoes, to mushrooms with Vitamin B magic, tantalizes your taste bud with a culinary medley of herbs and spices gloried for their anti-inflammatory magic.

/ Handful Curations From Our Vibrant Menu



Nana Berry Smoothie



Matcha Latte



REPLENISHING REVIVAL

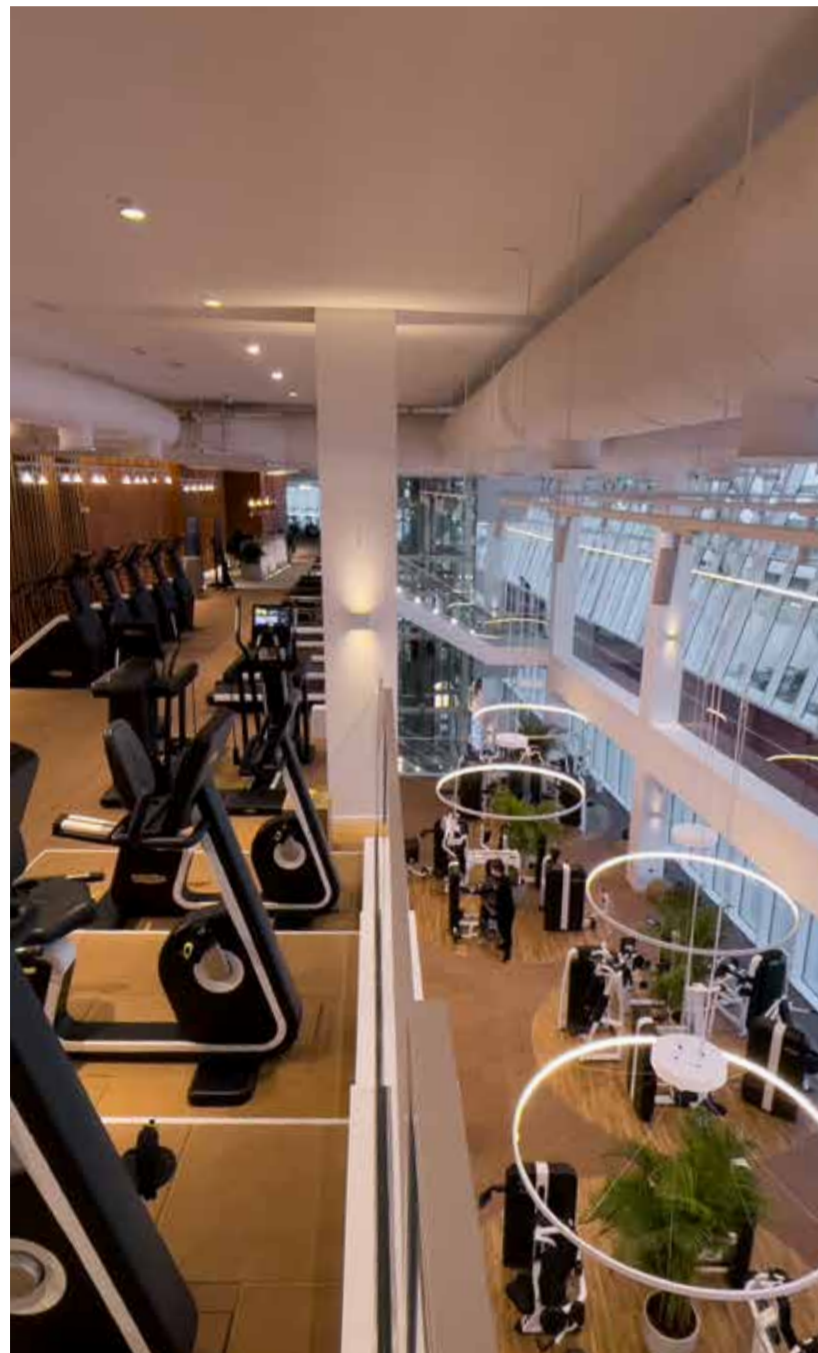
DEFENSE Shot

Energize with our revitalizing beverages, from our DEFENSE shot bursting with the immune-boosting goodness of citrus to an antioxidant-rich blend of Nana Berry to invigorate your being. Delight in the nutritional re-freshness in each nourishing sip!

/ Handful Curations From Our Vibrant Menu

BEYOND JUST A SPACE

Enhance your next event with our complimentary mini-wellness retreats and give your team the joy of holistic well-being!



MOVE

along your bodily rhythm
with a guided flexibility stretch



PAUSE

to decode work stress with mini
demonstrative yoga sessions.



EXPAND

on your relationship through
creative team bonding activities



LEARN

to take empowered decisions with
mini-documentary screenings.

*For a more comprehensive wellness retreat, reach out at
expandlearn@thebridgehub.com*



CINEMA | GROUND FLOOR

PREVIOUS CORPORATE EVENTS



COMMUNAL TABLE - ROOFTOP POOLSIDE



SOLARIAM - ROOFTOP

**The responsibility for arranging any additional decor excluding furniture & F&B setup lies with the client.*

PREVIOUS PRIVATE EVENTS



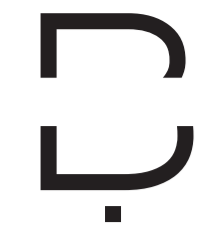
POOLSIDE - ROOFTOP



TASTE - GROUND FLOOR

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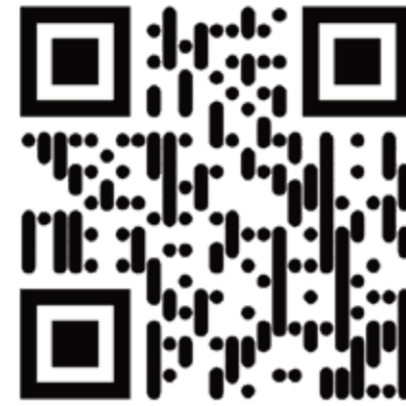


LOCATION

AL KHALEEJ AL ARABI STREET,
RABDAN AL MAQTA, AL QANA

ABU DHABI
UNITED ARAB EMIRATES.

P.O.BOX: 8355



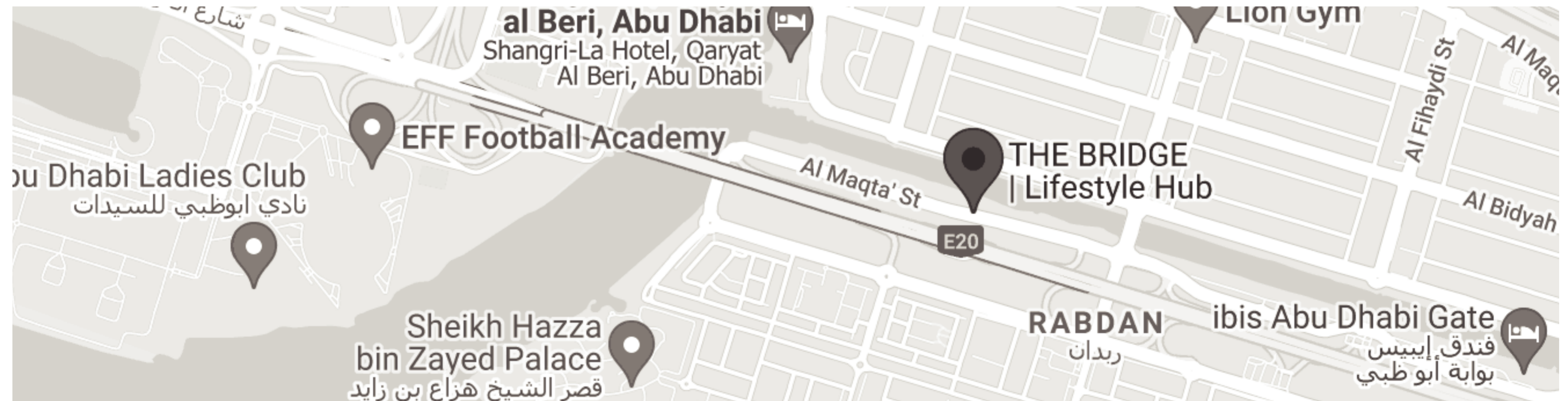
SCAN QR CODE
FOR LOCATION

CONTACT US AT

ExpandLearn@thebridgehub.com

Life@thebridgehub.com

Or call us on 026164555





(VISIT US)
THEBRIDGEHUB.COM

(FROM)
AUH / UAE