

WELL-KEND AT THE PULI

璞麗周末健康计划

Unlock your inner vitality with a new series of wellness sessions at The PuLi, ranging from mind-calming yoga, dynamic zumba to energetic boxing, designed to promote overall wellbeing.

入住静谧怡人的璞麗酒店，在美好的周日上午参加一系列健康运动课程，包括平和的瑜伽、灵动趣味的尊巴、动感十足的拳击等，用运动唤醒身心能量，开启活力四射的一天。

Every Sunday 10:00 - 11:00

逢周日上午 10:00 - 11:00

Classes are complimentary to in-house guests and UR SPA members. Due to limited availability of spaces, please make prior reservations at least one day in advance. The seat is available on a first come first serve basis.

For full schedule and enquiries, please call 021 - 2216 6895 or email healthclub@thepuli.com.

该系列课程专供酒店住客及溼水疗会员参加。

因课程人数有限，烦请最少提前一天预约参加，先到先得。

如欲了解完整课程安排及更多信息，请致电酒店康乐中心021-2216 6895，或发送邮件至 healthclub@thepuli.com。



WELLNESS CLASS SCHEDULE 健康运动课程日程安排

Every Sunday 每周日 10:00 - 11:00 Venue: Level 3 地点: 酒店三楼	9/5 Flow 流瑜伽 Level 级别: 2	9/12 Modern Dance 现代舞 Level 级别: 2	9/19 Stretch 静态拉伸 Level 级别: 1	9/26 Boxing 拳击 Level 级别: 3
	10/4 * Monday 周一 Hatha Yoga 哈他瑜伽 Level 级别: 1	10/10 Tai Chi 太极 Level 级别: 1	10/17 Nada Yoga 音疗瑜伽 Level 级别: 1	10/24 Gentle Flow 柔和流 Level 级别: 2
10/31 Boxing 拳击 Level 级别: 3	11/7 Nada Yoga 音疗瑜伽 Level 级别: 1	11/14 Zumba 尊巴舞蹈 Level 级别: 2	11/21 Flow 流瑜伽 Level 级别: 2	11/28 Ballet 芭蕾 Level 级别: 2



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THE PULI
HOTEL AND SPA