

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, ynamic zumba to energetic boxing, designed to promote overall wellbeing.

入住静谧宜人的璞麗酒店，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 Sundy 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瀑水疗会员参加。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 3 楼	I2/5 Flow 流瑜伽 Level 级别: 2	I2/12 Zumba 尊巴舞蹈 Level 级别: 2	I2/19 Hatha Yoga 哈他瑜伽 Level 级别: 1	I2/26 Sretch 静态拉伸 Level 级别: 3
	I/2 Hatha Yoga 哈他瑜伽 Level 级别: 1	I/9 Zumba 尊巴舞蹈 Level 级别: 2	I/16 Nada Yoga 音疗瑜伽 Level 级别: 1	I/23 Gentle Flow 柔和流 Level 级别: 2
				I/30 Sretch 静态拉伸 Level 级别: 3



The PuLi Hotel and Spa

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THE PULI
HOTEL AND SPA