

# 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 well-being.

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 Sunday

每周日上午 10:00-11:00a.m.

Classes are complimentary to in-house guests and UR SPA members.

Due to limited availability, please make prior reservations at least one day in advance. For full schedule and enquiries, please call 021-2216-6895 or email [healthclub@thepuli.com](mailto:healthclub@thepuli.com).

该系列课程专供酒店住客及逸水疗会员参加。因课程人数有限，烦请至少提前一天预约参加。

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](mailto:healthclub@thepuli.com)。

### WELLNESS CLASS SCHEDULE 健康运动课程日程安排

Every Sunday 每周日上午 10:00-11:00a.m.	10/5 Boxing 搏击课	10/12 Nada Yoga 音疗瑜伽	10/19 Zumba 尊巴舞蹈	10/26 Flow 流瑜伽
Venue: Level 3 地点：酒店3楼	11/2 Primary Pilates 垫上普拉提	11/9 Boxing 搏击课	11/16 Nada Yoga 音疗瑜伽	11/23 Hatha Yoga 哈他瑜伽
11/30 Self-weight Fitness 自重训练	12/7 Zumba 尊巴舞蹈	12/14 Flow 流瑜伽	12/21 Boxing 搏击课	12/28 Nada Yoga 音疗瑜伽



The PuLi Hotel and Spa

1 ChangDe Road, JingAn District, Shanghai 200040 China

T +86 21 3203 9999 [www.thepuli.com](http://www.thepuli.com)

璞麗酒店 中国上海市静安区常德路1号 邮政编码200040



THE PULI