

# 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 10:00-11:00  
周日上午 10:00-11:00

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瀑水疗会员参加。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 10:00-11:00  Venue: Level 3 地点: 酒店 3 楼	2/5 Gentle Flow 柔和流 Level 级别: 1	2/12 Nada Yoga 音疗瑜伽 Level 级别: 1	2/19 Hatha Yoga 哈他瑜伽 Level 级别: 1 & 2	2/26 Flow 流瑜伽 Level 级别: 1	3/5 Hatha Yoga 哈他瑜伽 Level 级别: 1 & 2
3/12 Flow 流瑜伽 Level 级别: 1	3/19 Nada Yoga 音疗瑜伽 Level 级别: 1	3/26 Yin Yoga 阴瑜伽 Level 级别: 1	4/2 Flow 流瑜伽 Level 级别: 2	4/9 Yin Yoga 阴瑜伽 Level 级别: 1	4/16 Nada Yoga 音疗瑜伽 Level 级别: 1
4/23 Tai chi 太极 Level 级别: 1	4/30 Stretch 静态拉伸 Level 级别: 3	5/7 Hatha Yoga 哈他瑜伽 Level 级别: 1 & 2	5/14 Gentle Flow 柔和流 Level 级别: 1	5/21 Nada Yoga 音疗瑜伽 Level 级别: 1	5/28 Stretch 静态拉伸 Level 级别: 3



### The PuLi Hotel and Spa

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THE PULI

HOTEL AND SPA