

# 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暹水疗会员参加。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	6/4 Boxing 搏击课 Level 级别: 3	6/11 Flow 流瑜伽 Level 级别: 2	6/18 Hatha Yoga 哈他瑜伽 Level 级别: 1	6/25 Nada Yoga 音疗瑜伽 Level 级别: 1	7/2 Zumba 尊巴舞蹈 Level 级别: 2
7/9 Sretch 静态拉伸 Level 级别: 3	7/16 Boxing 搏击课 Level 级别: 3	7/23 Nada Yoga 音疗瑜伽 Level 级别: 1	7/30 Primary pilates 垫上普拉提 Level 级别: 1	8/6 Zumba 尊巴舞蹈 Level 级别: 2	8/13 Flow 流瑜伽 Level 级别: 2
8/20 Hatha Yoga 哈他瑜伽 Level 级别: 1	8/27 Nada Yoga 音疗瑜伽 Level 级别: 1	9/3 Primary pilates 垫上普拉提 Level 级别: 2	9/10 Sretch 静态拉伸 Level 级别: 3	9/17 Flow 流瑜伽 Level 级别: 2	9/24 Nada Yoga 音疗瑜伽 Level 级别: 1



### The PuLi Hotel and Spa

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THE PULI  
HOTEL AND SPA