

# 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  
周日上午 10:00-11:00 a.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	5/5 Flow 流瑜伽 Level 级别: 2	5/12 Zumba 尊巴舞蹈 Level 级别: 2	5/19 Hatha Yoga 哈他瑜伽 Level 级别: 1	5/26 Self-weight Fitness 自重训练 Level 级别: 3
	6/2 Hatha Yoga 哈他瑜伽 Level 级别: 1	6/9 Zumba 尊巴舞蹈 Level 级别: 2	6/16 Nada Yoga 音疗瑜伽 Level 级别: 1	6/23 Boxing 搏击课 Level 级别: 3
	6/30 Primary Pilates 垫上普拉提 Level 级别: 1	7/7 Zumba 尊巴舞蹈 Level 级别: 2	7/14 Hatha Yoga 哈他瑜伽 Level 级别: 1	7/21 Nada Yoga 音疗瑜伽 Level 级别: 3
	7/28 Boxing 搏击课 Level 级别: 3	8/4 Self-weight Fitness 自重训练 Level 级别: 3	8/11 Flow 流瑜伽 Level 级别: 2	8/18 Zumba 尊巴舞蹈 Level 级别: 2



#### The PuLi Hotel and Spa

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THE PULI