

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

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



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	9/1 Boxing 搏击课 Level 级别: 3	9/8 Hatha Yoga 哈他瑜伽 Level 级别: 1	9/15 Zumba 尊巴舞蹈 Level 级别: 2	9/22 Stretching Yoga 拉伸瑜伽 Level 级别: 1
	9/29 Self-weight Fitness 自重训练 Level 级别: 3	10/6 Flow 流瑜伽 Level 级别: 2	10/13 Nada Yoga 音疗瑜伽 Level 级别: 1	10/20 Boxing 搏击课 Level 级别: 3
10/27 Hatha Yoga 哈他瑜伽 Level 级别: 1	11/3 Self-weight Fitness 自重训练 Level 级别: 3	11/10 Primary Pilates 垫上普拉提 Level 级别: 1	11/17 Boxing 搏击课 Level 级别: 3	11/24 Hatha Yoga 哈他瑜伽 Level 级别: 1
12/1 Zumba 尊巴舞蹈 Level 级别: 2	12/8 Stretching Yoga 拉伸瑜伽 Level 级别: 1	12/15 Nada Yoga 音疗瑜伽 Level 级别: 1	12/22 Boxing 搏击课 Level 级别: 3	12/29 Flow 流瑜伽 Level 级别: 2



The PuLi Hotel and Spa

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THE PULI