

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.

该系列课程专供酒店住客及邇水疗会员参加。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			2/9 Flow 流瑜伽	2/16 Zumba 尊巴舞蹈
2/23 Hatha Yoga 哈他瑜伽	3/2 Boxing 搏击课	3/9 Zumba 尊巴舞蹈	3/16 Nada Yoga 音疗瑜伽	3/23 Self-weight Fitness 自重训练
3/30 Flow 流瑜伽	4/6 Zumba 尊巴舞蹈	4/13 Hatha Yoga 哈他瑜伽	4/20 Nada Yoga 音疗瑜伽	4/27 Boxing 搏击课
5/4 Self-weight Fitness 自重训练	5/11 Flow 流瑜伽	5/18 Zumba 尊巴舞蹈	5/25 Hatha Yoga 哈他瑜伽	6/1 Boxing 搏击课
6/8 Zumba 尊巴舞蹈	6/15 Nada Yoga 音疗瑜伽	6/22 Self-weight Fitness 自重训练	6/29 Flow 流瑜伽	

Venue: Level 3
地点: 酒店3楼

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THE PULI

