



## 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](mailto:healthclub@thepuli.com).

该系列课程专供酒店住客及遇水疗会员参加。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 每周日上午 10:00-11:00a.m.	7/6 Zumba 尊巴舞蹈	7/13 Stretch 静态拉伸	7/20 Boxing 搏击课	7/27 Nada Yoga 音疗瑜伽
	8/3 Self-weight Fitness 自重训练	8/10 Flow 流瑜伽	8/17 Hatha Yoga 哈他瑜伽	8/24 Nada Yoga 音疗瑜伽
8/31 Zumba 尊巴舞蹈	9/7 Boxing 搏击课	9/14 Stretch 静态拉伸	9/21 Self-weight Fitness 自重训练	9/28 Nada Yoga 音疗瑜伽