

# 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, core-strengthening pilates to energetic boxing, designed to promote overall wellbeing.

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、强化核心力量的普拉提、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

逢周日上午 10:00 - 11:00

Classes are complimentary to in-house guests and UR SPA members. Due to limited availability of spaces, please make prior reservations 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邇水疗会员参加。因课程人数有限，如欲参加，烦请提前一天预约。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

<p>Every Sunday 每周日 10:00 - 11:00 Venue: Level 3 地点: 酒店三楼</p>	<p>5/31 Hatha Yoga 哈他瑜伽 Level 级别: 1 &amp; 2</p>	<p>6/7 Boxing 拳击 Level 级别: 3</p>	<p>6/14 Flow 流瑜伽 Level 级别: 1</p>	<p>6/21 Nada Yoga 音疗瑜伽 Level 级别: 1</p>
<p>6/28 Yoga in Water 水中瑜伽 Level 级别: 1</p>	<p>7/5 Primary Pilates 初级普拉提 Level 级别: 1</p>	<p>7/12 Hatha Yoga 哈他瑜伽 Level 级别: 1 &amp; 2</p>	<p>7/19 Boxing 拳击 Level 级别: 3</p>	<p>7/26 Nada Yoga 音疗瑜伽 Level 级别: 1</p>
<p>8/2 Self-weight Training 自重训练 Level 级别: 3</p>	<p>8/9 Yin Yoga 阴瑜伽 Level 级别: 1</p>	<p>8/16 Flow 流瑜伽 Level 级别: 1</p>	<p>8/23 Self-weight Training 自重训练 Level 级别: 5</p>	<p>8/30 Nada Yoga 音疗瑜伽 Level 级别: 1</p>



The PuLi Hotel and Spa 璞麗酒店  
1 ChangDe Road, JingAn District, Shanghai 200040 China  
中国上海市静安区常德路1号 邮编 200040  
T +86 21 3203 9999 [www.thepuli.com](http://www.thepuli.com)



THE PULI  
HOTEL AND SPA