

WELLNESS ACTIVITIES

	TIME	SESSION	VENUE
MONDAY	8:15 am – 9:15am	Muay Thai	Muay Thai Ring / <i>Studio*</i>
	11:00am – 11:45am	Release & Restore (Yoga)	Yoga Studio
	3:00pm – 3:45pm	Upper Body Workout	Fitness Centre
	5:00pm – 5:45pm	The Ease of Guidance	Yoga Studio
TUESDAY	8:15am – 9:00am	Sunrise Move Flow (Yoga)	Beach / <i>Yoga Studio*</i>
	11:00am – 11:45am	Sound Healing (Meditation)	Yoga Studio
	3:00pm – 3:45pm	Release & Restore (Yoga)	Yoga Studio
	5:00pm – 5:45pm	Purifying Breath (Pranayama)	Yoga Studio
WEDNESDAY	8:15am – 9:00am	Mobility Practice (Yoga)	Beach / <i>Yoga Studio*</i>
	11:00am – 11:30am	Integration (Meditation)	Yoga Studio
	3:00pm – 3:45pm	The Ease of Guidance (Yoga)	Yoga Studio
	5:00pm – 5:45pm	Candle Gazing (Meditation)	Yoga Studio
THURSDAY	8:15am – 9:00am	Muay Thai	Muay Thai Ring / <i>Studio*</i>
	11:00am – 11:45am	Release & Restore (Yoga)	Yoga Studio
	3:00pm – 3:45pm	Dynamic Strength	Fitness Centre
	5:00pm – 5:45pm	Sound Healing (Meditation)	Yoga Studio
FRIDAY	8:15am – 9:00am	Insight (Hatha Yoga)	Beach / <i>Yoga Studio*</i>
	11:00am – 11:45am	Core Workout	Fitness Centre
	3:00pm – 3:45pm	Tai Chi	Muay Thai Studio
	5:00pm – 5:45pm	Yoga Nidra	Yoga Studio
SATURDAY	8:15am – 9:00am	Ocean Meditation	Beach / <i>Yoga Studio*</i>
	11:00am – 11:45am	Power Circuit	Fitness Centre
	3:00pm – 3:45pm	Sound Healing (Meditation)	Yoga Studio
	5:00pm – 5:45pm	Core Workout	Fitness Centre
SUNDAY	8:15am – 9:00am	Mobility Practice (Yoga)	Beach / <i>Yoga Studio*</i>
	11:00am – 11:45am	Dynamic Strength	Fitness Centre
	3:00pm – 3:45pm	Pilates	Muay Thai Studio
	5:00pm – 5:45pm	Yoga Nidra	Yoga Studio

**Alternative indoor venue in the event of rain*

Wellness Class Information

In-house guests are invited to join **one scheduled wellness class complimentary per stay**. Additional group class participation is available at **THB 1,000++ per class**. Private classes are also available for personalized, one-on-one instruction at a time convenient to you, priced at **THB 2,500++ per session**.

For outside guests, group classes are available at **THB 2,000++ per class**, and private sessions at **THB 4,000++ per class**.

For more information or to reserve your spot, please contact the Spa Reception by dialing **1900**.

Note:

The complimentary class is non-transferable and non-shareable.

The complimentary class can only be redeemed once per stay and cannot be carried over to future visits or stays.

FOR MORE INFORMATION, PLEASE CONTACT

T: +66 (0)76 580 333 | E: wellness@aleenta.com | W: www.aleenta.com/phuket

