



WELLNESS ACTIVITIES

ALEENTA PHUKET – PHANG NGA

	TIME	SESSION	VENUE
MONDAY	8:30am – 9:15am	Foundation of Muay Thai	Muay Thai Studio
	3:30pm – 4:00pm	Dynamic Strength Circuit	Fitness Centre
TUESDAY	8:30am – 9:15am	Core Awakening Pilates	Yoga Studio
	3:30pm – 4:00pm	Power Circuit Express	Fitness Centre
WEDNESDAY	8:30am – 9:15am	Sunrise Hatha Yoga Flow	Yoga Studio
	3:30pm – 4:00pm	Meditation for Inner Calm	Yoga Studio
	5:00pm – 5:30pm	Deep Stretch and Release	Fitness Centre
THURSDAY	8:30am – 9:15am	Muay Thai Essentials	Muay Thai Studio
	3:30pm – 4:30pm	Muay Thai Warrior Challenge	Muay Thai Boxing Ring
	5:00pm – 5:30pm	Sound Healing Journey	Yoga Studio
FRIDAY	8:30am – 9:15am	Beach Body Circuit	Beach
	3:30pm – 4:00pm	Boot Camp Burnout	Fitness Centre
	5:00pm – 5:30pm	Rhythm and Movements Zumba	Fitness Centre
SATURDAY	8:00am – 8:30am	Energizing Beach Power Walk	Beach
	3:30pm – 4:15pm	Pilates for Posture and Balance	Yoga Studio
	5:00pm – 6:00pm	Ashtanga Yoga Practice	Yoga Studio
SUNDAY	8:30am – 9:15am	Gentle Hatha Yoga Awakening	Yoga Studio
	3:30pm – 4:00pm	Breath Work for Vitality	Yoga Studio
	5:00pm – 5:30pm	Tai Chi Flow for Balance and Harmony	Yoga Studio



Wellness Class Information

In House Guests are invited to join the first two scheduled wellness classes **complimentary**. Additional group class participation is available at **THB 800+++ per class**. Private classes are also available for personalized, one-on-one instruction at a time convenient to you, priced at **THB 1,500+++ per session**.

For outside guests, group classes are available at **THB 1,500+++ per class**, and private sessions at **THB 2,000+++ per class**.

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

FOR MORE INFORMATION, PLEASE CONTACT
T: +66 (0)76 580 333 | E: wellness@aleenta.com | W: www.aleenta.com/phuket

