



WELLNESS ACTIVITIES

ALEENTA PHUKET – PHANG NGA

	TIME	SESSION	VENUE
MONDAY	8:30am – 9:15am	Foundation of Muay Thai	Muay Thai Studio
	3:30pm – 4:15pm	Dynamic Strength Circuit	Fitness Centre
TUESDAY	8:30am – 9:15am	Hatha Yoga	Yoga Studio
	3:30pm – 4:45pm	Sound Healing	Yoga Studio
	5:00pm – 5:45pm	Yoga Nidra	Sea Spa Treatment Room
WEDNESDAY	8:30am – 9:15am	Yin Yoga	Yoga Studio
	3:30pm – 4:15pm	Mind Sound Resonance Technique	Yoga Studio
THURSDAY	8:30am – 9:15am	Hatha Yoga	Yoga Studio
	3:30pm – 4:15pm	Breathing Exercises	Yoga Studio
FRIDAY	8:30am – 9:15am	Vinyasa Yoga	Yoga Studio
	3:30pm – 4:15pm	Meditation for Inner Calm	Sea Spa Treatment Room
SATURDAY	8:00am – 8:45am	Ashtanga Yoga	Yoga Studio
	3:30pm – 4:15pm	Power Circuit Express	Fitness Centre
SUNDAY	8:00am – 8:45am	Core Awakening Pilates	Muay Thai Studio
	3:30pm – 4:15pm	Tai Chi Flow for Balance	Muay Thai 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 2,500+++ per session**.

For outside guests, group classes are available at **THB 1,600+++ 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**.

FOR MORE INFORMATION, PLEASE CONTACT
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