



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 | 8:30am – 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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