



# WELLNESS ACTIVITIES

ALEENTA PHUKET – PHANG NGA

	TIME	SESSION	VENUE
MONDAY	8:30am – 9:15am	Hatha Yoga	Yoga Studio
	11:00am – 11:45am	Introduction to Muay Thai	Muay Thai Studio
	2:00pm – 2.30pm	Meditation for Inner Calm	Yoga Studio
	5:00pm – 5:45pm	Pilates	Muay Thai Studio
TUESDAY	8:30am – 9:15am	Vinyasa Yoga	Yoga Studio
	11:00am – 11:30am	Breathing Exercise	Yoga Studio
	2:00pm – 2.30pm	Sound Healing	Yoga Studio
	5:00pm – 5:45pm	Sunset Yoga	Yoga Studio
WEDNESDAY	8:30am – 9:15am	Power Yoga	Yoga Studio
	11:00am – 11:30am	Elemental Balance Meditation	Yoga Studio
	2:00pm – 2.30pm	Pranayama	Yoga Studio
	5:00pm – 5:45pm	Hatha-Vinyasa Yoga	Yoga Studio
THURSDAY	8:30am – 9:15am	Yin Yang Yoga	Yoga Studio
	11:00am – 11:45am	Introduction to Muay Thai	Muay Thai Studio
	2:00pm – 2.45pm	Gentle Yoga Flow	Yoga Studio
	5:00pm – 5:45pm	Tai Chi Flow for Balance	Muay Thai Studio
FRIDAY	8:30am – 9:15am	Yin Yoga	Yoga Studio
	11:00am – 11:45am	Upper Body Strengthening Workout	Fitness Centre
	2:00pm – 2.45pm	Pilates	Muay Thai Studio
	5:00pm – 5:45pm	Sound Healing	Yoga Studio
SATURDAY	8:30am – 9:15am	Astanga Yoga	Yoga Studio
	11:00am – 11:45am	Core Workout	Fitness Centre
	2:00pm – 2.30pm	Yoga Nidra	Yoga Studio
	5:00pm – 5:45pm	Power Circuit Express	Fitness Centre
SUNDAY	8:30am – 9:15am	Sunrise Yoga Flow	Yoga Studio
	11:00am – 11:30am	Mind Sound Resonance Technique	Yoga Studio
	2:00pm – 2.45pm	Dynamic Strength Circuit	Fitness Centre
	5:00pm – 5:45pm	Ying Yang Yoga	Yoga Studio

## Wellness Class Information

In House Guests are invited to join the first scheduled wellness classes **complimentary**. 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**.

FOR MORE INFORMATION, PLEASE CONTACT  
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