

WELLNESS ACTIVITIES

ALEENTA PHUKET RESORT & SPA

	TIME	SESSION	VENUE
MONDAY	8:30am - 9:15am	Hatha Yoga	Yoga Studio
	3:30pm - 4:00pm	Meditation class	Yoga Studio
TUESDAY	8:30am - 9:15am	Yoga and Breathing exercise	Yoga Studio
	3:30pm - 4:00pm	Sound healing	Yoga Studio
WEDNESDAY	8:30am - 9:15am	Introduction to Muay Thai	Muay Thai Studio
	3:30pm - 4:00pm	Kettlebell Workout	Fitness Centre
THURSDAY	8:30am - 9:15am	Pilates mat	Yoga Studio
	3:30pm - 4:00pm	Full Body Stretching	Fitness Centre
FRIDAY	8:30am - 9:15am	Hatha Yoga	Yoga Studio
	3:30pm - 4:00pm	Breath Work & Tibetan Sound Therapy	Yoga Studio
SATURDAY	8:30am - 9:15am	Yoga and Breathing exercise	Yoga Studio
	3:30pm - 4:00pm	Yoga Nidra	Yoga Studio
SUNDAY	8:30am - 9:15am	Hatha Yoga	Yoga Studio
	3:30pm - 4:00pm	Restorative Yoga & Breath Work	Yoga Studio



Wellness classes shown on this schedule are all free-of-charge for the first two classes; attendance to further group classes is available at THB 800++ per class. Please speak to your Yoga Master for more details.

Guests may book private classes to receive additional one-on-one instruction, at a time to suit their needs. The fee for private instruction is THB 1900++.

Please contact Front desk at Ext. "0" for further information.

FOR MORE INFORMATION, PLEASE CONTACT

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