



## WELLNESS ACTIVITIES

ALEENTA PHUKET RESORT & SPA

	TIME	SESSION	VENUE
MONDAY	8:30am - 9:30am	Hatha Yoga	Yoga Studio
	3:30pm - 4:30pm	Vinyasa Flow & Breath Work	Yoga Studio
TUESDAY	8:30am - 9:30am	Meditation Class	Yoga Studio
	3:30pm - 4:00pm	Yoga Nidra	Yoga Studio
WEDNESDAY	9:00am - 9:45am	Introduction to Muay Thai	Muay Thai Studio
	3:00pm - 3:30pm	Kettlebell Workout	Fitness Centre
THURSDAY	9:00am - 9:45am	Pilates	Yoga Studio
	3:00pm - 3:30pm	Stretching	Fitness Centre
FRIDAY	8:30am - 9:30am	Hatha Yoga	Yoga Studio
	3:30pm - 3:45pm	Muay Thai Aero Boxing	Muay Thai Studio
	3:30pm - 4:00pm	Breath Work & Tibetan Sound Therapy	Yoga Studio
SATURDAY	8:30am - 9:30am	Hatha Yoga	Yoga Studio
	3:30pm - 3:45pm	Fit Ball & Boy Weight Training	Fitness Centre
	3:30pm - 4:00pm	Yoga Nidra	Yoga Studio
SUNDAY	8:30am - 9:30am	Hatha Yoga	Yoga Studio
	3:30pm - 3:45pm	Introduction to Muay Thai	Muay Thai 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 spa reception at 1900 for further information.

FOR MORE INFORMATION, PLEASE CONTACT

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