



WELLNESS ACTIVITIES

ALEENTA PHUKET - PHANG NGA

| | TIME | SESSION | VENUE |
|-----------|-------------------|------------------------------|---------------------------------|
| MONDAY | 8:30am – 9:15am | Muay Thai | Muay Thai Ring / <i>Studio*</i> |
| | 11:00am – 11:45am | Upper Body Workout | Fitness Centre |
| | 3:00pm – 3:45pm | Pilates | Muay Thai Studio |
| | 5:00pm – 5:45pm | Fitness | Beach / <i>Fitness Centre*</i> |
| TUESDAY | 8:30am – 9:15am | Sunrise Move Flow | Beach / <i>Yoga Studio*</i> |
| | 11:00am – 11:45am | Fitness | Fitness Centre |
| | 3:00pm – 3:45pm | Power Circuit Express | Fitness Centre |
| | 5:00pm – 5:30pm | Purifying Breath | Yoga Studio |
| WEDNESDAY | 8:30am – 9:15am | Upper Body Workout | Beach / <i>Fitness Centre*</i> |
| | 11:00am – 11:30am | Elemental Balance Meditation | Yoga Studio |
| | 3:00pm – 3:45pm | Core Workout | Fitness Centre |
| | 5:00pm – 5:45pm | Mobility Practice | Yoga Studio |
| THURSDAY | 8:30am – 9:30am | Muay Thai | Muay Thai Ring / <i>Studio*</i> |
| | 11:00am – 11:45am | Release & Restore | Yoga Studio |
| | 3:00pm – 3:45pm | Fitness | Fitness Centre |
| | 5:00pm – 5:30pm | Sound Healing | Yoga Studio |
| FRIDAY | 8:30am – 9:15am | Insight | Beach / <i>Yoga Studio*</i> |
| | 11:00am – 11:45am | Core Workout | Muay Thai Ring / <i>Studio*</i> |
| | 3:00pm – 3:45pm | Power Circuit Express | Fitness Centre |
| | 5:00pm – 5:30pm | Yoga Nidra | Yoga Studio |
| SATURDAY | 8:30am – 9:15am | Ashtanga Yoga | Beach / <i>Yoga Studio*</i> |
| | 11:00am – 11:45am | Pilates | Muay Thai Studio |
| | 3:00pm – 3:45pm | Sound Healing | Yoga Studio |
| | 5:00pm – 5:30pm | Core Workout | Muay Thai Ring / <i>Studio*</i> |
| SUNDAY | 8:30am – 9:15am | Dynamic Strength | Muay Thai Ring / <i>Studio*</i> |
| | 11:00am – 11:45am | Fitness | Fitness Centre |
| | 3:00pm – 3:45pm | Tai Chi Flow | Fitness Centre |
| | 5:00pm – 5:45pm | Power Circuit | Muay Thai Ring / <i>Studio*</i> |

**Alternative indoor venue in the event of rain*

Wellness Class Information

In-house guests are invited to join **one scheduled wellness class complimentary per stay**. 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**.

Note:

The complimentary class is non-transferable and non-shareable.

The complimentary class can only be redeemed once per stay and cannot be carried over to future visits or stays.

FOR MORE INFORMATION, PLEASE CONTACT

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