



WELLNESS ACTIVITIES

ALEENTA PHUKET RESORT & SPA

	TIME	SESSION
MONDAY	8:00am - 8:45am	Tibetan singing bowl
	4:30pm - 5:45pm	Muaythai introduction class
TUESDAY	8:00am - 8:45am	Tibetan singing bowl
	4:30pm - 5:45pm	Muaythai introduction class
WEDNESDAY	4:30pm - 5:30pm	Mindful Movement on the Beach
THURSDAY	8:30am - 9:45am	High Intensity Interval Training on the Beach
FRIDAY	8:30am - 9:45am	Hatha Flow
	4:30pm - 5:30pm	Tibetan singing bowl
SATURDAY	8:30am - 9:45am	Muaythai introduction class
SUNDAY	8:30am - 9:45am	Muaythai introduction class



All classes shown on this schedule are all free-of-charge for the first class; 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 class to receive additional one-on-one instruction, at a time to suit their needs.

Please contact spa reception at 1900 for reservation or further information.

FOR MORE INFORMATION, PLEASE CONTACT
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