

# 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	Circuit Training	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	Introduction to Muay Thai	Muay Thai Studio
	3:30pm - 4:30pm	Muay Thai Challenge (chargeable 1500+)	Muay Thai Boxing Ring
SATURDAY	8:30am - 9:15am	Boot Camp Training	Fitness Centre
	3:30pm - 4:30pm	Boot Camp Challenge (chargeable 800+)	Fitness Centre
SUNDAY	8:30am - 9:15am	Hatha Yoga	Yoga Studio
	3:30pm - 4:00pm	Restorative Yoga & Breath Work	Yoga Studio

**\*\* Muay Thai challenge and Boot Camp challenge classes are chargeable class, maximum 5 persons per class  
Advance reservation 6 hours is required**



Wellness classes shown on this schedule are mostly 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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