

## PULLMAN WELLNESS

- The Arke is the best solution for full freedom of movement to perform activities in the best possible way. As well as to achieve optimum physical fitness, coordination, stability, balance, flexibility, strength, speed, cardio and respiratory capacity.
- Kinesis is an innovative and unique system that focuses on movement through balance, flexibility and strength.
- Hatha yoga is intermediate level of Yoga for those ready to start taking this form of exercise more seriously. Ha is the sun and Tha is the moon
- Sunrise Yoga and Sunset Yoga programs are designed to relax and de-stress you, whilst providing a perfect time to enjoy the beautiful sunrise or indulge in the sunset. Pullman Phuket Arcadia offers the beautiful breathtaking views that Phuket has to offer in the stunning sunsets.
- Muay Thai offers the greatest benefits of gaining inner strength and self-confidence. By pushing your physical and mental limits, you as a Muay Thai student will learn how to harness body, mind, and spirit to achieve massive goals – both in training and everyday life.
- Zumba Fitness Dance is designed to bring people together to sweat it on! Get your groove-on with signature Latin and salsa-style music to build anaerobic endurance and enhance a total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility.



PHUKET ARCADIA NAITHON BEACH

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# DAILY ACTIVITIES PROGRAM (HIGH SEASON)

DATE/TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM	SUN RISE YOGA (BEGINNER) AT YOGA DECK	**PILATES THB 500++ AT FIT LOUNGE	**HATHA YOGA THB 500++ AT FIT LOUNGE	SUN RISE YOGA (BEGINNER) AT YOGA DECK	**HATHA YOGA THB 500++ AT FIT LOUNGE	**PILATES THB 500++ AT FIT LOUNGE	**HATHA YOGA THB 500++ AT FIT LOUNGE
9:00 AM	**TRX TRAINING, THB 500++ AT FIT LOUNGE	FULL BODY STRETCHING AT FIT LOUNGE	ELASTIC EXERCISE AT FIT LOUNGE	BALANCE EXERCISE AT FIT LOUNGE	YOGA MEDITATION CLASS AT FIT LOUNGE	**PERSONAL TRAINING THB 500++ AT FIT LOUNGE	ARKE TRAINING AT FIT LOUNGE
11:00 AM	ARKE TRAINING AT FIT LOUNGE	**ZUMBA FITNESS DANCE THB 500++ AT FIT LOUNGE (MAX. 4 GUESTS)		**TRX TRAINING THB 500++ AT FIT LOUNGE	**ZUMBA DANCE THB 500++ AT FIT LOUNGE (MAX. 4 GUESTS)	**MUAY THAI LESSON THB 800++ AT FIT LOUNGE	AQUA EXERCISE AT FIT LOUNGE
3:00 PM			**MUAY THAI LESSON THB 800++ AT FIT LOUNGE	5:30AM–6:30PM		5:30AM–6:30PM	4:00AM–5:00PM
4:00 PM	**PRIVATE MUAY THAI LESSON THB 1,000++ AT FIT LOUNGE			**SUNSET YOGA THB 500++ AT BANYAN TREE DECK		**SUNSET YOGA THB 500++ AT BANYAN TREE DECK	**PERSONAL TRAINER THB 500++ AT FIT LOUNGE
<b>EXCLUSIVE TOUR PROGRAMS</b>							
	9:00AM–4:00PM **PHANG -NGA BAY TOUR - MONKEY TEMPLE - SEA CANOE - JAMES BONE ISLAND - KOH PAN YEE (MUSLIM FISHING VILLAGE) THB 4,500++ MEET AT HOTEL LOBBY (MIN. 2 GUESTS )	1:00PM–4:00PM **SNORKELING TOUR THB 1,600++ MEET AT HOTEL LOBBY (MIN. 4 GUESTS) <small>[SUJECT TO WEATHER CONDITIONS]</small>	2:00PM–5:00PM **WALKING THE RAINFOREST THB 1,200++ MEET AT HOTEL LOBBY (MIN. 4 GUESTS)	1:00PM–4:00PM **SNORKELING TOUR THB 1,600++ MEET AT HOTEL LOBBY (MIN. 4 GUESTS) <small>[SUJECT TO WEATHER CONDITIONS]</small>	9:00AM–4:00PM **PHANG -NGA BAY TOUR - MONKEY TEMPLE - SEA CANOE - JAMES BONE ISLAND - KOH PAN YEE (MUSLIM FISHING VILLAGE) THB 4,500++ MEET AT HOTEL LOBBY (MIN. 2 GUESTS )	1:00PM–4:00PM **SNORKELING TOUR THB 1,600++ MEET AT HOTEL LOBBY (MIN. 4 GUESTS) <small>[SUJECT TO WEATHER CONDITIONS]</small>	2:00PM–9:00PM **PHUKET DISCOVERY TOUR THB 4,500++ MEET AT HOTEL LOBBY (MIN. 2 GUESTS)
	5:00PM–7:00PM **SUNSET BY LONG-TAIL BOAT THB 3,000++ MEET AT HOTEL LOBBY (MIN. 2 GUESTS)	5:00PM–6:00PM **VISIT LOCAL MARKET TOUR THB 500++ MEET AT HOTEL LOBBY (MIN. 4 GUESTS)			5:00PM–7:00PM **SUNSET BY LONG-TAIL BOAT THB 3,000++ MEET AT HOTEL LOBBY (MIN. 2 GUESTS)	4:00PM–9:00PM **VISIT PHUKET OLD TOWN & NIGHT MARKET THB 1,200++ MEET AT HOTEL LOBBY (MIN. 4 GUESTS)	

## TERMS AND CONDITIONS

- ACTIVITIES SHOWN WITH \*\* ARE CHARGEABLE PER PERSON.
- ALL PRICES ARE SUBJECT TO 10% SERVICE CHARGE AND 7% VAT.
- PRIVATE PERSONAL TRAINING SESSIONS REQUIRE 24-HOUR BOOKING IN ADVANCE AND CHARGE AT 1,000++ BAHT/HOUR.
- RESERVATION IS REQUIRED FOR ALL ACTIVITIES. TO MAKE A RESERVATION, PLEASE CONTACT OUR LIFESTYLE TEAM VIA EXT. "5097" OR "0".

