

# JOGGING MAP



Direction  
Guidelines

Pullman Pattaya Hotel G  
to **Wong Amart - Naklua Bay**

Distance : **850 m**

**Estimated time : 12 min**

Pullman Pattaya Hotel G  
to **Wong Amart Secret Beach**

Distance : **1.1 km**

**Estimated time : 15 min**

Pullman Pattaya Hotel G  
to **Pattaya Beach Road**

Distance : **2.1 km**

**Estimated time : 25 min**

# EnerGy

เอเนอร์จี



PATTAYA HOTEL G

# WELL-BEING

## OUTDOORS PROGRAMME



Direction  
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**Pullman Pattaya Hotel G  
to Wong Amart - Naklua Bay**  
Distance : 850 m | Estimated time : 12 min

**Pullman Pattaya Hotel G  
to Wong Amart Secret Beach**  
Distance : 1.1 km | Estimated time : 15 min

**Pullman Pattaya Hotel G  
to Pattaya Beach Road**  
Distance : 2.1 km | Estimated time : 25 min



### Yoga Class at Aisawan Spa

Every Friday, Saturday & Sunday  
Time 07:00 AM - 08:00 AM



### Water Aerobics at the Pool Bar

Every Friday, Saturday & Sunday  
Time 10:30 AM - 11:30 AM

PULLMAN PATTAYA HOTEL G 445/3 Moo 5, Wong Amart Beach, Chonburi 20150 - Thailand

โทรจองที่พักผ่าน ฟักยา จี +66 (0) 3841 1940 pullmanpattayahotelg.com

# **EnerGy**

**เอเนอร์จี**



**PATTAYA HOTEL G**

# **FIT ON THE GO**

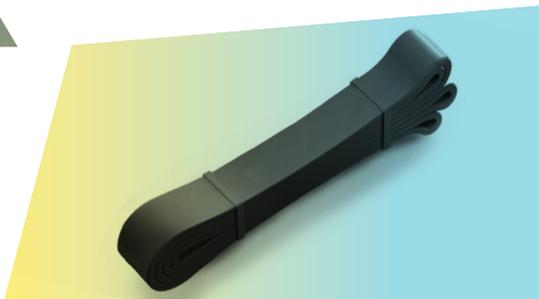
**IN-ROOM FITNESS KIT  
IS AVAILABLE UPON REQUEST**

## **YOGA MAT**



## **A SET OF DUMBBELLS (1 KG EACH)**

## **A RESISTANCE BAND**



**You may request the In-Room Fitness Kit via:**

- Pullman Touch Dial: 0 (24 hours)
- Fitness Centre Tel: 3701 (06:00 – 20:00 hrs.)
- Front Office upon check-in

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