

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.

fit
LOUNGE



PHUKET ARCADIA NAITHON BEACH

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ADULT'S ACTIVITIES PROGRAM

GREEN SEASON

MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER
MONDAY		7:00AM 9:00AM 11:00AM 4:00PM	YOGA FOR BEGINNERS **TRX (TOTAL RESISTANCE EXERCISE) TRAINING, THB 500++ ARKE TRAINING **PRIVATE MUAY THAI LESSON, THB 1,000++		
	▶ EXCLUSIVE TOUR PROGRAM	9:00AM-4:00PM	**PHANG-NGA BAY TOUR, THB 4,500++ (MIN. 2 GUESTS)		
TUESDAY		7:00AM 9:00AM	**PILATES, THB 500++ ELASTIC EXERCISE		
	▶ EXCLUSIVE TOUR PROGRAM	9:00AM-12:00PM 4:00AM-6:00PM	**BANG PAE WATERFALL TOUR, THB 1,500++ (MIN. 4 GUESTS) **VISIT LOCAL MARKET TOUR, THB 500++ (MIN. 4 GUESTS)		
WEDNESDAY		7:00AM 9:00AM 11:00AM	**HATHA YOGA, THB 400++ FULL BODY STRETCHING **MUAY THAI LESSON, THB 800++		
	▶ EXCLUSIVE TOUR PROGRAM	2:00PM-5:00PM	**WALKING THE RAINFOREST, THB 1,200++ (MIN. 4 GUESTS)		
THURSDAY		7:00AM 9:00AM 11:00AM 5:30AM-6:30PM	YOGA FOR BEGINNER **TRX (TOTAL RESISTANCE EXERCISE) TRAINING, THB 500++ BALANCE EXERCISE **SUNSET YOGA, THB 500++		
	▶ EXCLUSIVE TOUR PROGRAM	9:00PM-2:00PM 4:00AM-6:00PM	**VISIT PHUKET TEMPLE, THB 1,200++ (MIN. 4 GUESTS) **VISIT LOCAL MARKET TOUR, THB 500++ (MIN. 4 GUESTS)		
FRIDAY		7:00AM 9:00AM 11:00PM 4:00PM	**HATHA YOGA, THB 500++ ARKE TRAINING YOGA MEDITATION CLASS **PRIVATE MUAY THAI LESSON, THB 1,000++		
	▶ EXCLUSIVE TOUR PROGRAM	9:00AM-4:00PM	**PHANG-NGA BAY TOUR, THB 4,500++ (MIN. 2 GUESTS)		
SATURDAY		7:00AM 9:00AM 11:00AM 5:30AM-6:30PM	**PILATES, THB 500++ KINESIS TRAINING **MUAY THAI LESSON, THB 800++ **SUNSET YOGA, THB 500++		
	▶ EXCLUSIVE TOUR PROGRAM	4:00PM-9:00PM	**VISIT PHUKET OLD TOWN & NIGHT MARKET, THB 1,200++ (MIN. 4 GUESTS)		
SUNDAY		7:00AM 9:00AM 11:00AM 4:00PM	**HATHA YOGA, THB 500++ BODY TONING AQUA EXERCISE **PERSONAL TRAINER, THB 500++		
	▶ EXCLUSIVE TOUR PROGRAM	2:00PM-9:00PM	**PHUKET DISCOVERY TOUR, THB 4,500++ (MIN. 2 GUESTS)		

HIGH SEASON

NOVEMBER	DECEMBER	JANUARY	FEBRUARY	MARCH	APRIL
MONDAY		7:00AM 9:00AM 11:00AM 4:00PM	SUNRISE YOGA (BEGINNER) **TRX (TOTAL RESISTANCE EXERCISE) TRAINING, THB 500++ ARKE TRAINING **PRIVATE MUAY THAI LESSON, THB 1,000++		
	▶ EXCLUSIVE TOUR PROGRAM	9:00PM-4:00PM 5:00PM-7:00PM	**PHANG-NGA BAY TOUR, THB 4,500++ (MIN. 2 GUESTS) **SUNSET BY LONG-TAIL BOAT, THB 3,000++ (MIN. 2 GUESTS)		
TUESDAY		7:00AM 9:00AM	**PILATES, THB 500++ FULL BODY STRETCHING		
	▶ EXCLUSIVE TOUR PROGRAM	1:00PM-4:00PM 5:00AM-6:00PM	**SNORKELING TOUR, THB 1,600++ (MIN. 4 GUESTS) **VISIT LOCAL MARKET TOUR, THB 500++ (MIN. 4 GUESTS)		
WEDNESDAY		7:00AM 9:00AM 3:00PM	**HATHA YOGA, THB 500++ ELASTIC EXERCISE **MUAY THAI LESSON, THB 800++		
	▶ EXCLUSIVE TOUR PROGRAM	2:00PM-5:00PM	**WALKING THE RAINFOREST, THB 1,200++ (MIN. 4 GUESTS)		
THURSDAY		7:00AM 9:00AM 3:00PM 5:30PM - 6:30PM	SUNRISE YOGA (BEGINNER) BALANCE EXERCISE **TRX (TOTAL RESISTANCE EXERCISE) TRAINING, THB 500++ **SUNSET YOGA, THB 500++		
	▶ EXCLUSIVE TOUR PROGRAM	1:00PM-4:00PM	**SNORKELING TOUR, THB 1,600++ (MIN. 4 GUESTS)		
FRIDAY		7:00AM 9:00AM	**HATHA YOGA, THB 500++ YOGA MEDITATION CLASS		
	▶ EXCLUSIVE TOUR PROGRAM	9:00AM-4:00PM 5:00PM-7:00PM	**PHANG-NGA BAY TOUR, THB 4,500++ (MIN. 2 GUESTS) **SUNSET BY LONG-TAIL BOAT, THB 3,000++ (MIN. 4 GUESTS)		
SATURDAY		7:00AM 9:00AM 11:00AM 5:30PM - 6:30PM	**PILATES, THB 500++ **PERSONAL TRAINING, THB 500++ **MUAY THAI LESSON, THB 800++ **SUNSET YOGA, THB 500++		
	▶ EXCLUSIVE TOUR PROGRAM	1:00PM-4:00PM 4:00PM-9:00PM	**SNORKELING TOUR, THB 1,600++ (MIN. 4 GUESTS) **VISIT PHUKET OLD TOWN & NIGHT MARKET, THB 1,200++ (MIN. 4 GUESTS)		
SUNDAY		7:00AM 9:00AM 11:00AM 4:00PM- 5:00PM	**HATHA YOGA, THB 500++ ARKE TRAINING AQUA EXERCISE **PERSONAL TRAINER, THB 500++		
	▶ EXCLUSIVE TOUR PROGRAM	2:00PM-9:00PM	**PHUKET DISCOVERY TOUR, THB 4,500++ (MIN. 2 GUESTS)		

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