



酒店瑜伽房55m<sup>2</sup>,有专业的音响设备辅助教学,适合5—8人同时进行瑜伽锻炼,聘请10年以上教龄的瑜伽老师进行专业的授课。

授课时间:

每周三18:00-19:00

每周日16:30-17:30

白金卡客人预约成功后免费上课

非白金卡住店客人100元/次

Yoga room is 55 m<sup>2</sup>, which can hold 5 ~ 8 people, auxiliary teaching by professional audio equipment, employ more than 10 years experience professional yoga teacher teaching.

Teaching time:

Every Wednesday from 18:00-19:00

Every Sunday from 16:30-17:30

Platinum card customers can attend free yoga courses after reservation.

Non-platinum card customers 100 yuan/time.

## Sheraton® **FITNESS**

Sheraton Nanjing Kingsley Hotel & Towers

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