



# ENHANCE YOUR DAILY LIVING WITH OUR WEEKLY FITNESS & WELLNESS CLASSES

Valid from 15 January to 21 January 2018

	Mon 15	Tue 16	Wed 17	Thu 18	Fri 19	Sat 20	Sun 21
6:00 – 8:15	Mysore Dorothy	Mysore Cindy	Moonday Restorative Dorothy	Mysore Karen	Mysore Dorothy		Mysore 6:30 – 8:30 Cindy
8:30 – 9:30		Ashtanga LED Primary Cindy		Spinal Health Yoga Karen	Ashtanga 1 Dorothy	Vinyasa Flow 9:00 – 10:15 Dilip	<u>Mat Pilates</u> 10:00-11:00 Fanny
10:45 – 12:00	Ashtanga Beginners Dorothy	Hatha Yoga Lakshmi	Yang to Yin Dilip	Inversion Yoga Dilip	Hatha Yoga Dilip	Hatha Yoga Dilip	Flow into Stillness 11:15 – 12:30 Master Yogesh
12:30 – 13:30	Hatha Yoga Dorothy	Power Vinyasa 12:30 – 13:45 Christina	Hatha Yoga (Master Class) 12:30 – 13:45 Master Yogesh	Ashtanga on the Run Cindy	Vinyasa Flow 12:30 – 13:45 Lakshmi	Ashtanga 1-2 13:30 – 15:00 Dorothy	Ashtanga 1-2 12:45 – 14:00 Dorothy
14:00 – 15:00	Pre-Natal Yoga Karen ***	Yang to Yin Christina	<u>Mat Pilates</u> Irene	Hatha Yoga Cindy		Ashtanga Beginners 15:30 – 16:45 Cindy	Yang to Yin 16:00 – 17:00 Cindy
18:30 – 19:30	Yang to Yin Christina	Hatha Yoga 18:45 – 19:45 Dorothy	Ashtanga Beginners Cindy	Ashtanga 1-2 18:45 – 19:45 Dorothy	Flow into Stillness 17:00 – 18:00 Dorothy	Hatha Yoga 17:15 – 18:30 Cindy	Hatha Yoga 17:15 – 18:30 Dorothy
19:45 – 20:45	Primal Movement Joint Dynamics ***		Hatha Yoga Dilip		<u>Mat Pilates</u> 18:15 - 19:15 Timothy		

\*\*\* Booking minimum of 12 hours in advance required. Special charges may apply.

For participants wellbeing, we reserve the right to request guests not to enter the studio five minutes after start time.

For class descriptions, suitability and all individual / package class prices, please enquire with our Spa Concierge. Alternatively, these can be found on our website:

<https://www.mandarinoriental.com/hong-kong/the-landmark/luxury-fitness-wellness>

Enquiries and Reservations [lmhkg-spa@mohg.com](mailto:lmhkg-spa@mohg.com) | +852 2132 0011





# ENHANCE YOUR DAILY LIVING WITH OUR WEEKLY FITNESS & WELLNESS CLASSES

Valid from 22 January to 28 January 2018

	Mon 22	Tue 23	Wed 24	Thu 25	Fri 26	Sat 27	Sun 28
6:00 – 8:15	Mysore Dorothy	Mysore Cindy	Mysore Dorothy	Mysore Karen	Mysore Dorothy		Mysore 6:30 – 8:30 Cindy
8:30 – 9:30		Ashtanga LED Primary Dilip		Spinal Health Yoga Karen	Ashtanga 1 Dorothy	Vinyasa Flow 9:00 – 10:15 Dilip	<u>Mat Pilates</u> 10:00-11:00 Fanny
10:45 – 12:00	Ashtanga Beginners Dorothy	Hatha Yoga Lakshmi	Yang to Yin Dilip	Inversion Yoga Dilip	Hatha Yoga Dilip	Hatha Yoga Dilip	Flow into Stillness 11:15 – 12:30 Master Yogesh
12:30 – 13:30	Hatha Yoga Dilip	Power Vinyasa 12:30 – 13:45 Dilip	Hatha Yoga (Master Class) 12:30 – 13:45 Master Yogesh	Ashtanga on the Run Cindy	Vinyasa Flow 12:30 – 13:45 Lakshmi	Ashtanga 1-2 13:30 – 15:00 Dorothy	Ashtanga 1-2 12:45 – 14:00 Dorothy
14:00 – 15:00	Pre-Natal Yoga Karen ***	Yang to Yin Dorothy	<u>Mat Pilates</u> Irene	Hatha Yoga Cindy		Ashtanga Beginners 15:30 – 16:45 Cindy	Yang to Yin 16:00 – 17:00 Cindy
18:30 – 19:30	Yang to Yin Dorothy	Hatha Yoga 18:45 – 19:45 Dorothy	Ashtanga Beginners Cindy	Ashtanga 1-2 18:45 – 19:45 Dorothy	Flow into Stillness 17:00 – 18:00 Dorothy	Hatha Yoga 17:15 – 18:30 Lakshmi	Hatha Yoga 17:15 – 18:30 Dorothy
19:45 – 20:45	Primal Movement Joint Dynamics ***		Hatha Yoga Dilip		<u>Mat Pilates</u> 18:15 - 19:15 Timothy		

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