

ENHANCE YOUR DAILY LIVING WITH OUR WEEKLY FITNESS & WELLNESS CLASSES

Valid from 11 Jun to 17 Jun 2018

	Mon 11	Tue 12	Wed 13	Thu 14	Fri 15	Sat 16	Sun 17
6:00 – 8:15	Mysore Dorothy	Mysore Eng Eng	Mysore Dorothy	Moonday Restorative Karen	Mysore Eng Eng		Mysore 6:30 – 8:30 Eng Eng
8:30 – 9:30		Ashtanga LED Primary Lily		Spinal Health Yoga Karen	Ashtanga Intermediate Eng Eng	Vinyasa Flow 9:00 – 10:15 Dilip	
10:45 – 12:00	Ashtanga Beginners Dorothy	Hatha Yoga Lakshmi	Yang to Yin Lily	Inversion Fundamentals Dilip	Hatha Yoga Lily	Hatha Yoga Dilip	Spinal Health Yoga 11:15 – 12:30 Master Yogesh
12:30 – 13:30	Hatha Yoga Lily	Power Vinyasa 12:30 – 13:45 Lakshmi	Hatha Yoga (Master Class) 12:30 – 13:45 Master Yogesh	Ashtanga on the Run Cindy	Power Vinyasa 12:30 – 13:45 Christina	Ashtanga Advanced 13:30 – 15:00 Dorothy	Ashtanga Intermediate 12:45 – 14:00 Dilip
14:00 – 15:00	Pre-Natal Yoga *** Lily	Yang to Yin Dorothy	Mat Pilates Irene	Hatha Yoga Cindy	Mat Pilates Irene	Ashtanga Beginners 15:30 – 16:45 Cindy	Yang to Yin 16:00 – 17:00 Cindy
18:30 – 19:30	Yang to Yin Lakshmi	Hatha Yoga 18:45 – 19:45 Dorothy	Ashtanga Beginners Cindy	Ashtanga Advanced 18:45 – 19:45 Dorothy	Flow into Stillness 17:00 – 18:00 Lily	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		Mindfulness 19:00 – 20:00 Dilip ***		

*** 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 | +852 2132 0011



ENHANCE YOUR DAILY LIVING WITH OUR WEEKLY FITNESS & WELLNESS CLASSES

Valid from 18 Jun to 24 Jun 2018

	Mon 18	Tue 19	Wed 20	Thu 21	Fri 22	Sat 23	Sun 24
6:00 – 8:15	Mysore Dorothy	Mysore Eng Eng	Mysore Dorothy	Mysore Karen	Mysore Dorothy		Mysore 6:30 – 8:30 Dorothy
8:30 – 9:30		Ashtanga LED Primary Lily		Spinal Health Yoga Karen	Ashtanga Intermediate 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 Christina	Inversion Fundamentals Dilip	Hatha Yoga Lily	Hatha Yoga Dilip	Spinal Health Yoga 11:15 – 12:30 Master Yogesh
12:30 – 13:30	Hatha Yoga Lily	Power Vinyasa 12:30 – 13:45 Christina	Hatha Yoga (Master Class) 12:30 – 13:45 Master Yogesh	Ashtanga on the Run Cindy	Power Vinyasa 12:30 – 13:45 Christina	Ashtanga Advanced 13:30 – 15:00 Dorothy	Ashtanga Intermediate 12:45 – 14:00 Dilip
14:00 – 15:00	Pre-Natal Yoga *** Christina	Yang to Yin Christina	<u>Mat Pilates</u> Irene	Hatha Yoga Cindy	<u>Mat Pilates</u> Irene	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 Advanced 18:45 – 19:45 Dorothy	Flow into Stillness 17:00 – 18:00 Lily	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		Mindfulness 19:00 – 20:00 Dilip ***		

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