



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

Valid from 7 August to 13 August 2017

	Mon 7	Tue 8	Wed 9	Thu 10	Fri 11	Sat 12	Sun 13
6:00 – 8:15	<b>Moon Day Restorative</b> Dorothy	<b>Mysore</b> Dorothy	<b>Mysore</b> Eng Eng	<b>Mysore</b> Karen	<b>Mysore</b> Dorothy	<u>No Scheduled Class</u>	<b>Mysore</b> 6:30 – 8:30 Eng Eng
8:30 – 9:30	<u>No Scheduled Class</u>	<b>Ashtanga LED Primary</b> Lily	<u>No Scheduled Class</u>	<b>Spinal Health Yoga</b> Karen	<b>Ashtanga 1</b> Eng Eng	<b>Vinyasa Flow</b> 9:00 – 10:15 Nadine	<b>Flow into Stillness</b> 11:15 – 12:30 Master Yogesh
10:45 – 12:00	<b>Ashtanga Beginners</b> Dorothy	<b>Hatha Yoga</b> Lily	<b>Yang to Yin</b> Lily	<b>Inversion Yoga</b> Greg	<b>Hatha Yoga</b> Lily	<b>Hatha Yoga</b> Nadine	<b>Ashtanga 1-2</b> 12:45 – 14:00 Dorothy
12:30 – 13:30	<b>Hatha Yoga</b> Dorothy	<b>Power Vinyasa</b> 12:30 – 13:45 Greg	<b>Hatha Yoga (Master Class)</b> 12:30 – 13:45 Master Yogesh	<b>Ashtanga on the Run</b> Cindy	<b>Power Vinyasa</b> 12:30 – 13:45 Greg	<b>Ashtanga 1-2</b> 13:30 – 15:00 Dorothy	<b>Core Yoga</b> 14:15- 15:15 Greg
14:00 – 15:00	<b>Pre-Natal Yoga</b> Karen ***	<b>Ashtanga 1-2</b> Eng Eng	<u>Mat Pilates</u> Irene	<b>Hatha Yoga</b> Cindy	<u>No Scheduled Class</u>	<b>Ashtanga Beginners</b> 15:30 – 16:45 Greg	<b>Yang to Yin</b> 16:00 – 17:00 Greg
18:30 – 19:30	<b>Yang to Yin</b> Cindy	<b>Hatha Yoga</b> 18:45 – 19:45 Nadine	<b>Ashtanga Beginners</b> Cindy	<b>Ashtanga 1-2</b> 18:45 – 19:45 Dorothy	<b>Flow into Stillness</b> 17:00 – 18:00 Lily	<b>Hatha Yoga</b> 17:15 – 18:30 Cindy	<b>Hatha Yoga</b> 17:15 – 18:30 Nadine
19:45 – 20:45	<b>Primal Movement</b> Joint Dynamics ***	<u>No Scheduled Class</u>	<b>Hatha Yoga</b> Cindy	<u>No Scheduled Class</u>	<u>Mat Pilates</u> 18:15 – 19:15 Irene	<u>No Scheduled Class</u>	<u>No Scheduled Class</u>

\*\*\* 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 14 August to 20 August 2017

	Mon 14	Tue 15	Wed 16	Thu 17	Fri 18	Sat 19	Sun 20
6:00 – 8:15	Mysore Dorothy	Mysore Eng Eng	Mysore Dorothy	Mysore Karen	Mysore Dorothy	No Scheduled Class	Mysore 6:30 – 8:30 Eng Eng
8:30 – 9:30	No Scheduled Class	Ashtanga LED Primary Lily	No Scheduled Class	Spinal Health Yoga Karen	Ashtanga 1 Eng Eng	Vinyasa Flow 9:00 – 10:15 Nadine	Mat Pilates 10:00 – 11:00 Fanny
10:45 – 12:00	Ashtanga Beginners Dorothy	Hatha Yoga Lily	Yang to Yin Christina	Inversion Yoga Greg	Hatha Yoga Lily	Hatha Yoga Nadine	Flow into Stillness 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 Dorothy	Power Vinyasa 12:30 – 13:45 Christina	Ashtanga 1-2 13:30 – 15:00 Dorothy	Ashtanga 1-2 12:45 – 14:00 Dorothy
14:00 – 15:00	Pre-Natal Yoga Karen ***	Ashtanga 1-2 Eng Eng	Mat Pilates Irene	Hatha Yoga Dorothy	No Scheduled Class	Ashtanga Beginners 15:30 – 16:45 Greg	Yang to Yin 16:00 – 17:00 Dorothy
18:30 – 19:30	Yang to Yin Christina	Hatha Yoga 18:45 – 19:45 Nadine	Ashtanga Beginners Greg	Ashtanga 1-2 18:45 – 19:45 Dorothy	Flow into Stillness 17:00 – 18:00 Lily	Hatha Yoga 17:15 – 18:30 Greg	Hatha Yoga 17:15 – 18:30 Nadine
19:45 – 20:45	Primal Movement Joint Dynamics ***	No Scheduled Class	Hatha Yoga Greg	No Scheduled Class	Mat Pilates 18:15 – 19:15 Timothy	No Scheduled Class	No Scheduled Class

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THE ORIENTAL SPA  
HONG KONG