



Pilates & Yoga Class Time Table
26th June – 2nd July 2017

Time	Mon 26	Tue 27	Wed 28	Thu 29	Fri 30	Sat 1	Sun 2
6:15 – 8:15	Mysore Karen	Mysore Eng Eng	Mysore Cindy	Mysore Karen	Mysore Eng Eng		Mysore 6:30-8:30 Eng Eng
8:30 – 9:30	Pre-Natal Yoga Karen **	Ashtanga LED Primary Lily	Primal Movement (All Levels) Joint Dynamics **	Spinal Health Yoga Karen	Ashtanga 1 Eng Eng	Vinyasa Flow 9:00-10:15 Lily	Flow into Stillness 8:45-9:45 Lily
10:45 – 12:00	Ashtanga Beginners Cindy	Hatha Yoga Lakshmi	Yang to Yin Christina	Inversion Yoga Greg	Hatha Yoga Lily	Hatha Yoga Lily	Mat Pilates 10:00-11:00 Fanny
12:30 – 13:30	Hatha Yoga Cindy	Power Vinyasa 12:30-13:45 Christina	Mat Pilates Irene	Ashtanga On The Run Jean-Marc	Ashtanga On The Run Christina	Ashtanga Level 1-2 13:30-15:00 Dorothy	Ashtanga Level 1-2 12:45-14:00 Dorothy
18:30 – 19:30	Ashtanga 1 Siu Shan	Hatha Yoga Cindy	Ashtanga Beginners Cindy	Ashtanga 1-2 Eng Eng	Flow into Stillness 17:00-18:00 Lily	Ashtanga Beginners 15:30-16:45 Greg	Hatha Yoga 17:15-18:30 Greg
19:45 – 20:45	Primal Movement (All Levels) Joint Dynamics **		Hatha Yoga Cindy			Hatha Yoga 17:15-18:30 Cindy	

**** Advance bookings essential (minimum of 12-hours prior)**
***** Special Event / Class (special charges may apply)**

Reservations for all group Pilates and Yoga classes are not required (only for Joint Dynamics Classes & special events)
For the well being of all participants, please arrive on time. We reserve the right to request that guests do not enter the studio 5 min past the start time.

*Private Pilates and yoga classes are available from 6am to 9pm subject to instructor's availability.

Group Yoga Classes

Selections of Rates: One Class, \$380 / Series of 10 sessions, \$3,450 / Monthly Unlimited, \$3,700 /
Monthly Mysore, \$3,050

Mat Pilates Classes

Selections of Rates: One Class, \$395 / Series of 10 sessions, \$3,710

Joint Dynamics 'Primal Movement' Classes

Selections of Rates: One Class, \$395. Series sessions not available.

Kindly contact The Oriental Spa on 2132-0011 for bookings and enquiries.

All class descriptions are available on our website:

<http://www.mandarinoriental.com/landmark/luxury-spa/yoga-and-wellness/>