

ENHANCE YOUR DAILY LIVING WITH OUR WEEKLY FITNESS & WELLNESS CLASSES

Valid from 16 April to 22 April 2018

	Mon 16	Tue 17	Wed 18	Thu 19	Fri 20	Sat 21	Sun 22
6:00 – 8:15	Moonday Restorative Dorothy	Mysore Eng Eng	Mysore Dorothy	Mysore 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	<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 Eng Eng
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 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		<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 | +852 2132 0011



ENHANCE YOUR DAILY LIVING WITH OUR WEEKLY FITNESS & WELLNESS CLASSES

Valid from 23 April to 29 April 2018

	Mon 23	Tue 24	Wed 25	Thu 26	Fri 27	Sat 28	Sun 29
6:00 – 8:15	Mysore Dorothy	Mysore Lily	Mysore Dorothy	Mysore Dorothy	Mysore Dorothy		Mysore 6:30 – 8:30 Lily
8:30 – 9:30		Ashtanga LED Primary Lily		Spinal Health Yoga Dorothy	Ashtanga Intermediate Dorothy	Vinyasa Flow 9:00 – 10:15 Lily	<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 Lily	Hatha Yoga Lily	Hatha Yoga Lily	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 Lakshmi	Ashtanga Advanced 13:30 – 15:00 Dorothy	Ashtanga Intermediate 12:45 – 14:00 Dorothy
14:00 – 15:00	Pre-Natal Yoga Christina ***	Yang to Yin Christina	<u>Mat Pilates</u> Irene	Hatha Yoga Cindy		Ashtanga Beginners 15:30 – 16:45 Dorothy	Yang to Yin 16:00 – 17:00 Dorothy
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		<u>Mat Pilates</u> 18:15 - 19:15 Timothy		

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