



ENHANCE YOUR DAILY LIVING WITH OUR WEEKLY FITNESS & WELLNESS CLASSES

Valid from 23 October to 29 October

	Mon 23	Tue 24	Wed 25	Thu 26	Fri 27	Sat 28	Sun 29
6:00 – 8:15	Mysore Dorothy	Mysore Dorothy	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 Dorothy	Vinyasa Flow 9:00 – 10:15 Nadine	Mat Pilates 10:00-11:00 Fanny
10:45 – 12:00	Ashtanga Beginners Dorothy	Hatha Yoga Lakshmi	Yang to Yin Dilip	Inversion Yoga Dilip	Hatha Yoga Lily	Hatha Yoga Nadine	Flow into Stillness 11:15 – 12:30 Master Yogesh
12:30 – 13:30	Hatha Yoga Dorothy	Power Vinyasa 12:30 – 13:45 Lily	Hatha Yoga (Master Class) 12:30 – 13:45 Master Yogesh	Ashtanga on the Run Cindy	Power Vinyasa 12:30 – 13:45 Lily	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 Dorothy	Mat Pilates Irene	Hatha Yoga Cindy	No Scheduled Class	Ashtanga Beginners 15:30 – 16:45 Dorothy	Yang to Yin 16:00 – 17:00 Cindy
18:30 – 19:30	Yang to Yin Dilip	Hatha Yoga 18:45 – 19:45 Nadine	Ashtanga Beginners Cindy	Ashtanga 1-2 18:45 – 19:45 Dorothy	Flow into Stillness 17:00 – 18:00 Lily	Hatha Yoga 17:15 – 18:30 Cindy	Hatha Yoga 17:15 – 18:30 Nadine
19:45 – 20:45	Primal Movement Joint Dynamics ***	Mat Pilates 20:00 - 21:00 Timothy	Hatha Yoga Dilip	No Scheduled Class			

*** 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

