

Pilates & Yoga Class Time Table
22nd May – 28th May 2017

Time	Mon 22	Tue 23	Wed 24	Thu 25	Fri 26	Sat 27	Sun 28
6:30 - 9:45	Mysore Cindy	Mysore Cindy	Mysore Dorothy	Mysore Dorothy	Mysore Dorothy	Vinyasa Flow 9:00 - 10:15 Nadine	Mysore 6:30 – 9:45 Eng Eng
10:45 – 12:00	Ashtanga Beginners Greg	Hatha Yoga Lakshmi	Yang to Yin Christina	Hatha Yoga Lily	Ashtanga 1 Jean Marc	Hatha Yoga Nadine	Mat Pilates 10:00 – 11:00 Fanny
12.30 – 13:30	Hatha Yoga Cindy	Ashtanga On The Run Christina	Power Vinyasa 12:30-13:45 Christina	Ashtanga On The Run Jean Marc	Mat Pilates Irene	Ashthanga Level 1-2 13:30-15:00 Jean-Marc	Ashthanga Level 1-2 12:45-14:00 Dorothy
14:00 – 15:00	Vinyasa Flow Nadine		Yoga Gently Christina		Yoga Gently Christina		
15:30 – 16:30		Mindful Yang to Yin Lily		Vinyasa Flow Dorothy		Ashtanga Beginners 15:30-16:45 Greg	Vinyasa Flow Dorothy
17:15 – 18:15	Hatha Yoga Lakshmi		Ashtanga 1 Cindy	Yang to Yin Christina	Mindful Yang to Yin 17:00–18:00 Christina	Hatha Yoga 17:15–18:30 Cindy	Hatha Yoga 17:15–18:30 Nadine
18:30 – 19:30	Ashtanga Beginners Lily	Hatha Yoga Nadine	Ashtanga Beginners Cindy	Ashtanga 1-2 Greg	<u>Evening Mysore</u>		
19:45 – 20:45	Ashtanga 1-2 Lily		Hatha Yoga Cindy		Start anytime, beginners welcome! Cindy		

Reservations for group Pilates and yoga classes are not required. 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

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