



Pilates & Yoga Class Time Table
2nd to 8th of March, 2015

Time	Mon 2	Tue 3	Wed 4	Thurs 5	Fri 6	Sat 7	Sun 8
6:30 - 9:45	Mysore Lily	Mysore Lily	Mysore Eng Eng	Mysore Lily	Mysore Eng Eng	Ashtanga Beginners 9:00 – 10:15 Rosanna	Mysore Lily Mat Pilates 10:00 – 11:00 Cecilia
10:30 – 11:45	Ashtanga Beginners Dorothy	Hatha Yoga Lakshmi	Yang to Yin Nadine	Hatha Yoga Lily	Hatha Yoga Miko	Hatha Yoga 10:30 -11:45 Nadine	Ashtanga Beginners 11:15 -12:30 Rosanna
12.30 – 13:45	Ashtanga On The Run Dorothy	Ashtanga On The Run Holly	Ashtanga On The Run Christina	Ashtanga On The Run Cindy	Ashtanga On The Run Christina	Ashtanga Level 1 – 2 12:00 -13:30 Dorothy	Ashtanga Level 1- 2 12:45 -14:00 Dorothy
14:00 – 15:00	Hatha Yoga Nadine	Ashtanga Beginners Holly	Yoga Gently Christina	Ashtanga 1 Cindy	Ashtanga Beginners Christina	Ashtanga Beginners 13:45 -15:15 Rosanna	Yang to Yin 14:15 – 15:30 Nadine
15:30 – 16:30	Mat Pilates Cecilia	Mat Pilates Yuiko	Mat Pilates Yuiko	Afternoon Yoga Bring out the Willingness to Understand yourself 15:30 – 16:45 Miko	Afternoon Yoga Bring out the Willingness to Understand yourself 15:30 – 16:45 Ashiya	Vinyasa Flow 15:30-17:00 Dorothy	Ashtanga 1 15:45 – 17:00 Dorothy
17:15 – 18:15	Hatha Yoga Dorothy	Ashtanga 1 Dorothy	Ashtanga 1 Cindy	Hatha Yoga Christina	Hatha Yoga Cindy	Hatha Yoga 17:15 -18:30 Dorothy	Hatha Yoga 17:15 -18:30 Nadine
18:30 – 19:30	Ashtanga Beginners Lily	Hatha Yoga Dorothy	Ashtanga Beginners Cindy	Ashtanga Beginners Christina	<u>Evening Mysore</u> Start anytime, beginners welcome! Cindy	Mat Pilates 18:45 -19:45 Irene	Mat Pilates 18:45 – 19:45 John
19:45 - 20:45	Hatha Yoga Lily	Yoga Gently Nadine	Hatha Yoga Nadine	Yang to Yin Christina			

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.

Notes for this week

Selections of Rates: One Class, \$365 / Series of 10 sessions, \$3,350 / Monthly Unlimited, \$3,500 /
Monthly Mysore, \$2,850

PILATES MAT classes are available 5 days a week. As Yoga and Pilates offer different benefits, guests will find that doing both in conjunction will complement each other.

Selections of Rates:

One Class, \$365 / Series of 10 sessions, \$3,350

Kindly contact The Oriental Spa on 2132-0011 for updates.