



**ENHANCE YOUR DAILY
LIVING WITH OUR
WEEKLY FITNESS &
WELLNESS CLASSES**

Valid from 24 July to 30 July 2017

	Mon 24	Tue 25	Wed 26	Thu 27	Fri 28	Sat 29	Sun 30
6:00 – 8:15	Mysore Dorothy	Mysore Eng Eng	Mysore Dorothy	Mysore Karen	Mysore Eng Eng		Mysore 6:30 – 8:30 Dorothy
8:30 – 9:30		Ashtanga LED Primary Lily		Spinal Health Yoga Karen	Ashtanga 1 Eng Eng	Vinyasa Flow 9:00 – 10:15 Nadine	Flow into Stillness 8:45 – 9:45 Lily
10:45 – 12:00	Ashtanga Beginners Dorothy	Hatha Yoga Lakshmi	Yang to Yin Christina	Inversion Yoga Greg	Hatha Yoga Lily	Hatha Yoga Nadine	<u>Mat Pilates</u> 10:00 – 11:00 Fanny
12:30 – 13:30	Hatha Yoga Cindy	Power Vinyasa 12:30 – 13:45 Christina	Hatha Yoga (Master Class) 12:30 – 13:45 Master Yogesh	Ashtanga on the Run Jean-Marc	Power Vinyasa 12:30 – 13:45 Christina	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 Eng Eng	<u>Mat Pilates</u> Irene	Hatha Yoga Cindy		Ashtanga Beginners 15:30 – 16:45 Greg	Yang to Yin 16:00 – 17:00 Cindy
18:30 – 19:30	Yang to Yin Christina	Hatha Yoga 18:45 – 19:45 Cindy	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 ***		Hatha Yoga Cindy		<u>Mat Pilates</u> 18:15 – 19:15 Irene		

***** 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:

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

Enquiries and Reservations lmhkg-spa@mohg.com | +852 2132 0011

