

WEEKLY SCHEDULE

OCTOBER 2016



Directed by Peter Burwash Interational (PBI), known world-wide for their first-class Tennis Professionals, the comprehensive Tennis Centre at Mandarin Oriental, Kuala Lumpur includes two outdoor hard-surface courts with lights for evening play.

As a hotel guest or Fitness & Wellness member, you can benefit from a full range of professional services offered by our PBI Tennis Professional Angel Gyorgievski including Tennis Clinics, Cardio Tennis, private and semi-private professional lessons, special tournaments and junior programs.

	MON	TUE	WED	THU	FRI	SAT	SUN
AM		08:00 - 09:00 Tennis Clinics				08:00 - 09:00 Cardio Tennis	
JUNIOR PROGRAMS	16:15 - 17:00 MO Little Angels		17:45 - 18:45 MO Champions	17:45 - 18:45 MO Stars			
PM		18:00-19:00 Cardio Tennis		19:00 - 20:00 Tennis Clinics			17:00 - 18:00 Tennis Clinics

ADULT GROUP SESSIONS

Tennis Clinics

RM95 (hotel guests)
RM85 (members)

The Tennis Clinics incorporate PBI teaching concepts and are designed to give adult players of all abilities knowledge of the game, a solid workout and a good time. The clinics always go ahead if at least one participant is signed up and all levels are welcome.

Cardio Tennis

RM75 (hotel guests)
RM65 (members)

Come join our fun, sociable group fitness class open to all fitness and skill levels. This is a high-energy program with adult players having the opportunity to get their heart rate up while hitting numerous tennis balls. A minimum of three participants is required and all levels are welcome.

All prices are inclusive of 6% GST.

JUNIOR PROGRAMS

MO Little Angels

For age group 4-6 years. With tennis rackets, balls, and even nets sized to fit their needs and abilities, kids will have fun and feel successful right from the start. Programs run for 8 weeks. Please see details in Junior Programs info flyer.

MO Stars

For age group 7-11 years. This junior class is a great way for children to develop solid fundamentals and basic techniques in a fun, team oriented setting. Programs run for 8 weeks. Please see details in Junior Programs info flyer.

MO Champions

For age group 12-17 years. Kids will experience the full PBI concept and learn medically sound techniques and an understanding of your own strokes. Programs run for 8 weeks. Please see details in Junior Programs info flyer.



Tennis Operating Hours

Daily 6:00 am – 10:00 pm

Please secure your space for the group sessions and junior programs with a booking in advance.

- The Tennis dress code must be strictly followed, whereby all Hotel Guests and Members must wear appropriate tennis attire and non-marking shoes. Shirts may not be removed under any circumstances, and tennis shoes must be worn at all times.
- Fitness & Wellness has a duty of care to ensure that all Hotel Guests and Members play in a safe environment to reduce the risk of injury. Tennis staff will suspend play at their discretion and Hotel Guests and Members are expected to adhere to their decision.

For sign up for the weekly programs, to schedule lessons or for any questions related to tennis, please call our Fitness & Wellness reception directly at +(603) 2179 8733 or mokul-fitness@mohg.com.

Alternatively, contact our PBI Tennis Professional Angel Gyorgievski directly at angelg@mohg.com.



FITNESS & WELLNESS