



FITNESS & WELLNESS CLASSES

10 Feb. 2025 – 16 Feb. 2025

MON	TUE	WED	THU	FRI	SAT	SUN
10	11	12	13	14	15	16
Flow Yoga 09:15-10:15 Yi	Hatha (1) 09:15-10:15 Yogesh	Power Vinyasa (2) 09:15-10:15 Christina	Hatha (2) 09:15-10:15 Yogesh	Wheel Yoga 09:15-10:15 Maria	Hatha (2) 09:15-10:15 Vanessa	
Hatha (3) 11:00-12:00 Yi	Yang To Yin 11:00-12:00 Christina	Hatha (3) 11:00-12:00 Yogesh	Vinyasa (2) 11:00-12:00 Maria	Yin Yoga 11:00-12:00 Lily	Wheel Yoga 11:00-12:00 Vanessa	Spinal Health 11:00-12:15 Yogesh
HIIT 12:30-13:00 Anny	Vinyasa Flow 12:30-13:30 Christina	HIIT 12:30-13:00 Michael	Wheel Yoga 12:30-13:30 Vanessa	Partner Yoga 12:30-13:30 Flora	Sivananda Yoga 12:30-13:30 Flora	Vinyasa (2) 13:00-14:00 Nanna
Yoga Therapy 14:00-15:00 Flora	Wheel Yoga 14:00-15:00 Maria	Mat Pilates 14:00-15:00 Maria	Yin Yoga 14:00-15:00 Cindy	Loving Meditation 14:00-15:00 Christina	Vinyasa (1) 14:00-15:00 Nanna	Body Sculpt 14:30-15:30 Bee
After work Yoga 18:30-19:30 Christina	Hatha (2) 18:30-19:30 Maria	Singing Bowl 18:30-19:30 Maria	Yin and Yang 18:30-19:30 May	Myofascia Yin Yoga 18:30-19:30 May		

Class Level (1) Beginner (2) Intermediate (3) Advance

For Class descriptions, suitability, and individual or package price inquire

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

The New Address : 4th floor, The Mandarin Oriental Hotel



FITNESS & WELLNESS CLASSES

17 Feb. 2025 – 23 Feb. 2025

MON	TUE	WED	THU	FRI	SAT	SUN
17	18	19	20	21	22	23
Flow Yoga 09:15-10:15 Yi	Hatha (1) 09:15-10:15 Yogesh	Power Vinyasa (2) 09:15-10:15 Christina	Hatha (2) 09:15-10:15 Yogesh	Wheel Yoga 09:15-10:15 Maria	Hatha (2) 09:15-10:15 Vanessa	
Hatha (3) 11:00-12:00 Yi	Yang To Yin 11:00-12:00 Christina	Hatha (3) 11:00-12:00 Yogesh	Vinyasa (2) 11:00-12:00 Maria	Yin Yoga 11:00-12:00 Lily	Wheel Yoga 11:00-12:00 Vanessa	Spinal Health 11:00-12:15 Yogesh
HIIT 12:30-13:00 Anny	Vinyasa Flow 12:30-13:30 Christina	HIIT 12:30-13:00 Michael	Wheel Yoga 12:30-13:30 Vanessa	HIIT 12:30-13:00 Michael	Sivananda Yoga 12:30-13:30 Flora	Vinyasa (2) 13:00-14:00 Maria
Yoga Therapy 14:00-15:00 Flora	Wheel Yoga 14:00-15:00 Maria	Mat Pilates 14:00-15:00 Maria	Yin Yoga 14:00-15:00 Cindy	Chill Yoga Meditation 14:00-15:00 Christina	Vinyasa (1) 14:00-15:00 Nanna	Body Sculpt 14:30-15:30 Bee
After work Yoga 18:30-19:30 Christina	Hatha (2) 18:30-19:30 Maria	Singing Bowl 18:30-19:30 Maria	Yin and Yang 18:30-19:30 May	Myofascia Yin Yoga 18:30-19:30 May		

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