



FITNESS & WELLNESS CLASSES

16 Jan 2023 – 22 Jan 2023

Mon 16	Tue 17	Wed 18	Thu 19	Fri 20	Sat 21	Sun 22
Mysore 7:15 - 8:30 Karen	Ashtanga for all 7:30 - 8:30 Eng-Eng	Mysore 7:15 - 8:30 Eng-Eng	Ashtanga for all 7:30 - 8:30 Eng-Eng	Mysore 7:15 - 8:30 Eng-Eng	Vinyasa Flow 09:00 - 10:15 Dilip	Spinal Health Yoga 11:15 – 12:30 Master Yogesh
Yin Yoga 11:00 - 12:00 Cindy	Hatha Yoga 11:00 - 12:00 Christina	Yang to Yin 11:00 - 12:00 Christina	Vinyasa Flow 11:00 – 12:00 Maria	Hatha Yoga 11:00 - 12:00 Lily	Hatha Yoga 10:45 - 12:00 Dilip	Vinyasa Flow 12:45 – 14:00 Dilip
Hatha Yoga 12:30 - 13:30 Lily	Power Vinyasa 12:30 - 13:45 Christina	Hatha Yoga (Master Class) 12:30 - 13:45 Master Yogesh	Yin Yoga 12:30 - 13:30 Flora	Chill Yoga + Meditation 12:30 – 13:45 Christina	Wheel Yoga 12:30 - 13:30 Maria	Happy Lunar New Year
HIIT 13:00 - 13:30 Anny	Tabata 12:30-13:00 Michael	Mat Pilates 14:00 - 15:00 Maria	HIIT 12:30 - 13:00 Anny	Power HIIT 13:00 - 13:30 Mike	Mat Pilates 14:30 - 15:30 Maria	Happy Lunar New Year
Yoga Therapy 14:00 - 15:00 Flora	Yoga Gently 14:00-15:00 Christina	Deep Yoga Stretch 18:30 - 19:30 Maria	Hatha Yoga 14:00 - 15:00 Flora	Mat Pilates 14:00 - 15:00 Maria	Cardio HIIT 15:00 - 15:30 Mike	
After work Yoga 18:30 - 19:30 Christina	Hatha Yoga 18:30 - 19:30 Flora		Vinyasa Flow 18:30 - 19:30 Dilip	Hatha Yoga 17:30 – 18:30 Master Yogesh		
	MFR + Yin Yoga 19:45 – 20:45 May		Yin Yoga 19:45 – 20:45 May	Wheel Yoga 19:00 – 20:00 Maria		

*The Pilates Studio Circuit classes are not included in any unlimited package
 For class descriptions, suitability and all individual / package class prices, please enquire with our Spa Concierge.
 Enquiries and Reservations lmhkg-spa@mohg.com | +852 2132 0011



FITNESS & WELLNESS CLASSES

23 Jan 2023 – 29 Jan 2023

Mon 23	Tue 24	Wed 25	Thu 26	Fri 27	Sat 28	Sun 29
Happy Lunar New Year	Happy Lunar New Year	Happy Lunar New Year	Ashtanga for all 7:30 - 8:30 Karen	Mysore 7:15 - 8:30 Eng-Eng	Vinyasa Flow 09:00 - 10:15 Dilip	Spinal Health Yoga 11:15 - 12:30 Master Yogesh
Happy Lunar New Year	Hatha Yoga 11:00 - 12:00 Christina	Yang to Yin 11:00 - 12:00 Christina	Vinyasa Flow 11:00 - 12:00 Christina	Hatha Yoga 11:00 - 12:00 Lily	Hatha Yoga 10:45 - 12:00 Dilip	Vinyasa Flow 12:45 - 14:00 Dilip
Hatha Yoga 12:30 - 13:30 Lily	Power Vinyasa 12:30 - 13:45 Christina	Hatha Yoga (Master Class) 12:30 - 13:45 Master Yogesh	Yin Yoga 12:30 - 13:30 Flora	Chill Yoga + Meditation 12:30 - 13:45 Christina	Wheel Yoga 12:30 - 13:30 Maria	No class this week
Yoga Therapy 14:00 - 15:00 Flora	Tabata 12:30-13:00 Michael	Core Blast 13:00-13:30 Michael	HIIT 12:30 - 13:00 Anny	Power HIIT 13:00 - 13:30 Mike	Mat Pilates 14:30 - 15:30 Maria	*Pilates Studio Circuit 15:00 - 16:00 Francis
Happy Lunar New Year	Yoga Gently 14:00-15:00 Christina	No class this week	Hatha Yoga 14:00 - 15:00 Flora	No class this week	Cardio HIIT 15:00 - 15:30 Mike	
Happy Lunar New Year	Happy Lunar New Year	Happy Lunar New Year	Vinyasa Flow 18:30 - 19:30 Dilip	Hatha Yoga 17:30 - 18:30 Master Yogesh		
	Happy Lunar New Year		No class this week	No class this week		

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