



ENHANCE YOUR DAILY LIVING WITH OUR WEEKLY FITNESS & WELLNESS CLASSES
Valid from 20 Sept. 2021 – 26 Sept. 2021

Mon 20	Tue 21	Wed 22	Thu 23	Fri 24	Sat 25	Sun 26
Mysore 6:00 - 8:30 Karen	Mysore 6:00 - 8:30 Eng-Eng	Mysore 6:00 - 8:30 Eng-Eng	Mysore 6:00 - 8:30 Karen	Mysore 6:00 - 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 Yulee	Yang to Yin 11:00 - 12:00 Christina	Inversion Fundamentals 10:30 - 11:30 Jyothi	Hatha Yoga 11:00 - 12:00 Lily	Hatha Yoga 10:45 - 12:00 Dilip	Vinyasa Flow 12:45 - 14:00 Jyothi
HIIT 13:00 - 13:30 Anny	Functional Circuit 12:30 - 13:00 Ron	HIIT 13:00 - 13:30 Anny	Core Blast 12:30 - 13:00 Ron	Cardio HIIT 13:00 - 13:30 Mike	Ashtanga Beginners 12:30 - 13:30 Cindy	HIIT 14:30 - 15:00 Anny
Hatha Yoga 12:30 - 13:30 Lily	Power Vinyasa 12:30 - 13:45 Christina	Hatha Yoga (Master Class) 12:30 - 13:45 Master Yogesh	Ashtanga on the Run 12:30 - 13:30 Cindy	Power Vinyasa 12:30 - 13:45 Christina	Power HIIT 14:30 - 15:00 Mike	LES MILLS CORE Virtual Class 16:00 - 16:30
Yoga Therapy 14:00 - 15:00 Karen	Yang to Yin 14:00 - 15:00 Christina	Mat Pilates 14:00 - 15:00 Irene	Hatha Yoga 14:00 - 15:00 Cindy	Mat Pilates 14:00 - 15:00 Anne	LES MILLS BODYCOMBAT Virtual Class 16:00 - 16:30	
Yang to Yin 18:30 - 19:30 Christina	Hatha Yoga 18:30 - 19:30 Dilip	Ashtanga Beginners 18:30 - 19:30 Jyothi	Yoga Skulpt 18:30 - 19:30 Jyothi	Hatha Yoga 18:30 - 19:30 Cindy		
LES MILLS BODYBALANCE Virtual Class 19:30 - 20:00	LES MILLS barre Virtual Class 18:30 - 19:00	LES MILLS BODYCOMBAT Virtual Class 19:30 - 20:00	LES MILLS CORE Virtual Class 18:30 - 19:00	LES MILLS BODYBALANCE Virtual Class 19:30 - 20:00		

For participants wellbeing, we reserve the right to request guests not to enter the studio five minutes after start time.
Sports shoes is compulsory for all classes conducted in gym.

For class descriptions, suitability and all individual / package class prices, please enquire with our Spa Concierge.

<https://www.mandarinoriental.com/hong-kong/the-landmark/luxury-fitness-wellness>

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



ENHANCE YOUR DAILY LIVING WITH OUR WEEKLY FITNESS & WELLNESS CLASSES
Valid from 27 Sept. 2021 – 3 Oct. 2021

Mon 27	Tue 28	Wed 29	Thu 30	Fri 1	Sat 2	Sun 3
Mysore 6:00 - 8:30 Karen	Mysore 6:00 - 8:30 Eng-Eng	Mysore 6:00 - 8:30 Eng-Eng	Mysore 6:00 - 8:30 Karen	Mysore 6:00 - 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 Yulee	Yang to Yin 11:00 - 12:00 Christina	Inversion Fundamentals 10:30 – 11:30 Jyothi	Hatha Yoga 11:00 - 12:00 Lily	Hatha Yoga 10:45 - 12:00 Dilip	Vinyasa Flow 12:45 – 14:00 Jyothi
HIIT 13:00 -13:30 Anny	Functional Circuit 12:30 - 13:00 Ron	HIIT 13:00 - 13:30 Anny	Core Blast 12:30 - 13:00 Ron	Power HIIT 13:00 - 13:30 Mike	Ashtanga Beginners 12:30 - 13:30 Cindy	HIIT 14:30 - 15:00 Anny
Hatha Yoga 12:30 - 13:30 Lily	Power Vinyasa 12:30 - 13:45 Christina	Hatha Yoga (Master Class) 12:30 - 13:45 Master Yogesh	Ashtanga on the Run 12:30 - 13:30 Cindy	Power Vinyasa 12:30 – 13:45 Christina	Cardio HIIT 14:30 - 15:00 Anny	LES MILLS CORE Virtual Class 16:00 - 16:30
Yoga Therapy 14:00 - 15:00 Karen	Yang to Yin 14:00 - 15:00 Christina	Mat Pilates 14:00 - 15:00 Irene	Hatha Yoga 14:00 - 15:00 Cindy	Mat Pilates 14:00 - 15:00 No Class this week	LES MILLS BODYCOMBAT Virtual Class 16:00 – 16:30	
Yang to Yin 18:30 - 19:30 Christina	Hatha Yoga 18:30 - 19:30 Yulee	Ashtanga Beginners 18:30 - 19:30 Jyothi	Yoga Skulpt 18:30 - 19:30 Jyothi	Hatha Yoga 18:30 – 19:30 Cindy		
LES MILLS BODYBALANCE Virtual Class 19:30 – 20:00	LES MILLS barre Virtual Class 18:30 - 19:00	LES MILLS BODYCOMBAT Virtual Class 19:30 – 20:00	LES MILLS CORE Virtual Class 18:30 – 19:00	LES MILLS BODYBALANCE Virtual Class 19:30 – 20:00		

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