



# FITNESS & WELLNESS CLASSES

13 Jan. 2025 - 19 Jan. 2025

MON	TUE	WED	THU	FRI	SAT	SUN
13	14	15	16	17	18	19
<b>Flow Yoga</b> 09:15-10:15 Yi	<b>Hatha (1)</b> 09:15-10:15 Yogesh	<b>Power Vinyasa (2)</b> 09:15-10:15 Vanessa	<b>Hatha (2)</b> 09:15-10:15 Yogesh	<b>Wheel Yoga</b> 09:15-10:15 Maria	<b>Hatha (2)</b> 09:15-10:15 Dilip	
<b>Hatha (3)</b> 11:00-12:00 Yi	<b>Yang To Yin</b> 11:00-12:00 Vanessa	<b>Hatha (3)</b> 11:00-12:00 Yogesh	<b>Vinyasa (2)</b> 11:00-12:00 Maria	<b>Yin Yoga</b> 11:00-12:00 Lily	<b>Wheel Yoga</b> 11:00-12:00 Vanessa	<b>Spinal Health</b> 11:00-12:15 Yogesh
<b>HIIT</b> 12:30-13:00 Anny	<b>Vinyasa Flow</b> 12:30-13:30 Vanessa	<b>HIIT</b> 12:30-13:00 Anny	<b>Wheel Yoga</b> 12:30-13:30 Vanessa	<b>HIIT</b> 12:30-13:00 Michael	<b>Sivananda Yoga</b> 12:30-13:30 Flora	<b>Vinyasa (2)</b> 13:00-14:00 Dilip
<b>Yoga Therapy</b> 14:00-15:00 Flora	<b>Wheel Yoga</b> 14:00-15:00 Maria	<b>Mat Pilates</b> 14:00-15:00 Maria	<b>Yin Yoga</b> 14:00-15:00 Vanessa	<b>Chill Yoga Meditation</b> 14:00-15:00 Flora	<b>Vinyasa (1)</b> 14:00-15:00 Flora	<b>Body Sculpt</b> 14:30-15:30 Bee
<b>After work Yoga</b> 18:30-19:30 Vanessa	<b>Hatha (2)</b> 18:30-19:30 Dilip	<b>Singing Bowl</b> 18:30-19:30 Maria	<b>Yin and Yang</b> 18:30-19:30 May	<b>Myofascia Yin Yoga</b> 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](mailto:lmhkg-spa@mohg.com) +852 2132 0011

The New Address : 4<sup>th</sup> floor, The Mandarin Oriental Hotel



# FITNESS & WELLNESS CLASSES

20 Jan. 2025 - 26 Jan. 2025

MON	TUE	WED	THU	FRI	SAT	SUN
20	21	22	23	24	25	26
<b>Flow Yoga</b> 09:15-10:15 Vanessa	<b>Hatha (1)</b> 09:15-10:15 Yogesh	<b>Power Vinyasa (2)</b> 09:15-10:15 Christina	<b>Hatha (2)</b> 09:15-10:15 Yogesh	<b>Wheel Yoga</b> 09:15-10:15 Maria	<b>Hatha (2)</b> 09:15-10:15 Dilip	
<b>Hatha (3)</b> 11:00-12:00 Vanessa	<b>Yang To Yin</b> 11:00-12:00 Christina	<b>Hatha (3)</b> 11:00-12:00 Yogesh	<b>Vinyasa (2)</b> 11:00-12:00 Maria	<b>Yin Yoga</b> 11:00-12:00 Lily	<b>Wheel Yoga</b> 11:00-12:00 Vanessa	<b>Spinal Health</b> 11:00-12:15 Yogesh
<b>HIIT</b> 12:30-13:00 Anny	<b>Vinyasa Flow</b> 12:30-13:30 Christina	<b>HIIT</b> 12:30-13:00 Anny	<b>Wheel Yoga</b> 12:30-13:30 Vanessa	<b>HIIT</b> 12:30-13:00 Michael	<b>Sivananda Yoga</b> 12:30-13:30 Flora	<b>Vinyasa (2)</b> 13:00-14:00 Dilip
<b>Yoga Therapy</b> 14:00-15:00 Flora	<b>Wheel Yoga</b> 14:00-15:00 Maria	<b>Mat Pilates</b> 14:00-15:00 Maria	<b>Yin Yoga</b> 14:00-15:00 Cindy	<b>Chill Yoga Meditation</b> 14:00-15:00 Christina	<b>Vinyasa (1)</b> 14:00-15:00 Flora	<b>Body Sculpt</b> 14:30-15:30 Bee
<b>After work Yoga</b> 18:30-19:30 Christina	<b>Hatha (2)</b> 18:30-19:30 Dilip	<b>Singing Bowl</b> 18:30-19:30 Maria	<b>Yin and Yang</b> 18:30-19:30 May	<b>Myofascia Yin Yoga</b> 18:30-19:30 May		

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

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