



FITNESS & WELLNESS CLASSES

9 Dec. 2024 - 15 Dec. 2024

MON	TUE	WED	THU	FRI	SAT	SUN
9	10	11	12	13	14	15
Flow Yoga 09:15-10:15 Yi	Hatha (1) 09:15-10:15 Yogesh	Power Vinyasa (2) 09:15-10:15 Vanessa	Hatha (2) 09:15-10:15 Yogesh	Wheel Yoga 09:15-10:15 Maria	Hatha (2) 09:15-10:15 Dilip	
Hatha (3) 11:00-12:00 Yi	Yang To Yin 11:00-12:00 Maria	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	HIIT 12:30-13:00 Michael	HIIT 12:30-13:00 Michael	HIIT 12:30-13:00 Anny	HIIT 12:30-13:00 Mike	HIIT 12:30-13:00 Michael	Vinyasa (2) 13:00-14:00 Dilip
Yoga Therapy 13:30-14:30 Flora	Yoga Gently 13:30-14:30 Maria	Mat Pilates 13:30-14:30 Maria	Yin Yoga 13:30-14:30 Cindy	Chill Yoga Meditation 13:30-14:30 Vanessa	Vinyasa (1) 13:30-14:30 Vanessa	Body Sculpt 14:30-15:30 Bee
After work Yoga 18:30-19:30 Maria	Hatha (2) 18:30-19:30 Dilip	Deep Stretch 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

16 Dec. 2024 - 22 Dec. 2024

MON	TUE	WED	THU	FRI	SAT	SUN
16	17	18	19	20	21	22
Yin 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 Dilip	
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 Vanessa	Wheel Yoga 11:00-12:00 Vanessa	Spinal Health 11:00-12:15 Yogesh
HIIT 12:30-13:00 Anny	HIIT 12:30-13:00 Michael	HIIT 12:30-13:00 Michael	HIIT 12:30-13:00 Anny	HIIT 12:30-13:00 Mike	HIIT 12:30-13:00 Mike	Vinyasa (2) 13:00-14:00 Dilip
Yoga Therapy 13:30-14:30 Flora	Yoga Gently 13:30-14:30 Christina	Mat Pilates 13:30-14:30 Maria	Yin Yoga 13:30-14:30 Cindy	Chill Yoga Meditation 13:30-14:30 Christina	Vinyasa (1) 13:30-14:30 Nanna	Body Sculpt 14:30-15:30 Bee
After work Yoga 18:30-19:30 Christina	Hatha (2) 18:30-19:30 Dilip	Deep Stretch 18:30-19:30 Maria	Yin and Yang 18:30-19:30 May	Myofascia Yin Yoga 18:30-19:30 Flora		

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