

ENHANCE YOUR DAILY LIVING WITH OUR WEEKLY FITNESS & WELLNESS CLASSES

Valid from 16 September - 22 September 2019

	Mon 16	Tue 17	Wed 18	Thu 19	Fri 20	Sat 21	Sun 22
6:00 – 8:30	Mysore Karen	Mysore Eng Eng	Mysore Jean-Marc	Mysore Karen	Mysore Eng Eng		Mysore Jean-Marc
8:45 – 9:45		Ashtanga LED Primary Eng Eng		Spinal Health Yoga Karen	Ashtanga Intermediate Eng Eng	Vinyasa Flow 9:00 – 10:15 Dilip	<u>Mat Pilates</u> 10:00 – 11:00 Fanny
10:45 – 12:00	Ashtanga Beginners Dorothy	Hatha Yoga Lakshmi	Yang to Yin Christina	Inversion Fundamentals Dilip	Hatha Yoga Lily	Hatha Yoga Dilip	Spinal Health Yoga 11:15 – 12:30 Master Yogesh
12:30 – 13:30	Hatha Yoga Lily	Power Vinyasa 12:30 – 13:45 Christina	Hatha Yoga (Master Class) 12:30 – 13:45 Master Yogesh	Ashtanga on the Run Cristina M.	Power Vinyasa 12:30 – 13:45 Christina	Ashtanga Intermediate 12:30 – 13:45 Dorothy	Vinyasa Flow 12:45 – 14:00 Jean-Marc
14:00 – 15:00	Pre-Natal Yoga Karen ***	Yang to Yin Christina	<u>Mat Pilates</u> Irene	Hatha Yoga Cristina M.	<u>Mat Pilates</u> Irene	Ashtanga Beginners 15:45 – 17:00 Cristina M.	Yang to Yin 16:00 – 17:00 Cristina M.
18:30 – 19:30	Yang to Yin Christina	Hatha Yoga Dorothy	Ashtanga Beginners Yulee	Ashtanga Advanced Dorothy	Yang to Yin Lily	Yang to Yin 17:15 – 18:30 Cristina M.	Hatha Yoga 17:15 – 18:30 Cristina M.
19:45 – 20:45	Primal Movement Joint Dynamics ***		Hatha Yoga Dilip	Yang to Yin Jean-Marc			

*** Booking minimum of 12 hours in advance required. Special charges may apply.

For participants wellbeing, we reserve the right to request guests not to enter the studio five minutes after start time.

For class descriptions, suitability and all individual / package class prices, please enquire with our Spa Concierge. Alternatively, these can be found on our website:

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

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



ENHANCE YOUR DAILY LIVING WITH OUR WEEKLY FITNESS & WELLNESS CLASSES

Valid from 23 September - 29 September 2019

	Mon 23	Tue 24	Wed 25	Thu 26	Fri 27	Sat 28	Sun 29
6:00 – 8:30	Mysore Karen	Mysore Jean-Marc	Mysore Jean-Marc	Mysore Karen	Mysore Jean-Marc		Mysore Jean-Marc
8:45 – 9:45		Ashtanga LED Primary Jean-Marc		Spinal Health Yoga Karen	Ashtanga Intermediate Jean-Marc	Vinyasa Flow 9:00 – 10:15 Dilip	<u>Mat Pilates</u> 10:00 – 11:00 Fanny
10:45 – 12:00	Ashtanga Beginners Dorothy	Hatha Yoga Lakshmi	Yang to Yin Christina	Inversion Fundamentals Dilip	Hatha Yoga Lily	Hatha Yoga Dilip	Spinal Health Yoga 11:15 – 12:30 Master Yogesh
12:30 – 13:30	Hatha Yoga Lily	Power Vinyasa 12:30 – 13:45 Christina	Hatha Yoga (Master Class) 12:30 – 13:45 Master Yogesh	Ashtanga on the Run Jean-Marc	Power Vinyasa 12:30 – 13:45 Christina	Ashtanga Intermediate 12:30 – 13:45 Dorothy	Vinyasa Flow 12:45 – 14:00 Jean-Marc
14:00 – 15:00	Pre-Natal Yoga Karen ***	Yang to Yin Christina	<u>Mat Pilates</u> Irene	Hatha Yoga Dilip	<u>Mat Pilates</u> Irene	Ashtanga Beginners 15:45 – 17:00 Dilip	Yang to Yin 16:00 – 17:00 Jean-Marc
18:30 – 19:30	Yang to Yin Christina	Hatha Yoga Dorothy	Ashtanga Beginners Jean-Marc	Ashtanga Advanced Dorothy	Yang to Yin Lily	Yang to Yin 17:15 – 18:30 Dorothy	Hatha Yoga 17:15 – 18:30 Dorothy
19:45 – 20:45	Primal Movement Joint Dynamics ***		Hatha Yoga Dilip	Yang to Yin Jean-Marc			

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