



# FITNESS & WELLNESS CLASSES

15 Jul. 2024 – 21 Jul. 2024

Mon 15	Tue 16	Wed 17	Thu 18	Fri 19	Sat 20	Sun 21
No Class	No Class	Flow Yoga 07:30 - 08:30 Vanessa	Hatha (1) 07:30 - 08:30 Master Yogesh	Sivananda Yoga 07:30 - 08:30 Flora	Vinyasa (2) 09:15 - 10:15 Nanna	Spinal Health Yoga 11:15 - 12:30 Master Yogesh
Yin Yoga 11:00 - 12:00 Christina	Hatha (2) 11:00 - 12:00 Vanessa	Yang to Yin 11:00 - 12:00 Christina	Vinyasa (2) 11:00 - 12:00 Maria	Hatha (1) 11:00 - 12:00 Lily	Hatha (2) 10:45 - 12:00 Nanna	Vinyasa (2) 13:00 - 14:00 Flora
Hatha (3) 12:30 - 13:30 Lily	Tabata 12:30 - 13:00 Michael	Hatha (3) 12:30 - 13:45 Master Yogesh	Yin Yoga 12:30 - 13:30 Maria	Chill Yoga + Meditation 12:30 - 13:45 Christina	Wheel Yoga 12:30 - 13:30 Maria	Body Sculpt 14:30 - 15:30 Bee
HIIT 13:00 - 13:30 Anny	Power Vinyasa (3) 12:30 - 13:45 Christina	Core Blast 13:00 - 13:30 Michael	HIIT 13:00 - 13:30 Anny	HIIT 13:00 - 13:30 Mike	Vinyasa (1) 14:00 - 15:00 Nanna	*Pilates Studio Circuit 15:00 - 16:00 Francis
Yoga Therapy 14:00 - 15:00 Flora	Yoga Gently 14:00-15:00 Christina	Mat Pilates 14:00 - 15:00 Maria	No Class This Week	Mat Pilates 14:00 - 15:00 Maria	HIIT 15:00 - 15:30 Mike	
After work Yoga 18:30 - 19:30 Christina	Hatha (2) 18:30 - 19:30 Dilip	Deep Stretch 18:30 - 19:30 Maria	Yin & Yang 18:30 - 19:30 May	Hatha (2) 17:30 - 18:30 Master Yogesh	Flow Yoga 15:30 - 16:30 Flora	
	Yin Yoga 19:45 - 20:45 Dilip		Myofascia Yin Yoga 19:45 - 20:45 May	Wheel Yoga 19:00 - 20:00 Vanessa	Singing Bowl 17:00 - 18:00 Maria	

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

Complimentary access for in-house guests.

\*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](mailto:lmhkg-spa@mohg.com) | +852 2132 0011



## FITNESS & WELLNESS CLASSES

22 Jul. 2024 – 28 Jul. 2024

Mon 22	Tue 23	Wed 24	Thu 25	Fri 26	Sat 27	Sun 28
No Class	No Class	Flow Yoga 07:30 - 08:30 Vanessa	Hatha (1) 07:30 - 08:30 Master Yogesh	Sivananda Yoga 07:30 - 08:30 Flora	Vinyasa (2) 09:15 - 10:15 Nanna	Spinal Health Yoga 11:15 - 12:30 Master Yogesh
Yin Yoga 11:00 - 12:00 Christina	Hatha (2) 11:00 - 12:00 Vanessa	Yang to Yin 11:00 - 12:00 Christina	Vinyasa (2) 11:00 - 12:00 Maria	Hatha (1) 11:00 - 12:00 Lily	Hatha (2) 10:45 - 12:00 Nanna	Vinyasa (2) 13:00 - 14:00 Flora
Hatha (3) 12:30 - 13:30 Lily	Tabata 12:30 - 13:00 Michael	Hatha (3) 12:30 - 13:45 Master Yogesh	Yin Yoga 12:30 - 13:30 Maria	Chill Yoga + Meditation 12:30 - 13:45 Christina	Wheel Yoga 12:30 - 13:30 Maria	Body Sculpt 14:30 - 15:30 Bee
HIIT 13:00 - 13:30 Anny	Power Vinyasa (3) 12:30 - 13:45 Christina	Core Blast 13:00 - 13:30 Michael	HIIT 13:00 - 13:30 Anny	HIIT 13:00 - 13:30 Mike	Vinyasa (1) 14:00 - 15:00 Nanna	*Pilates Studio Circuit 15:00 - 16:00 Francis
Yoga Therapy 14:00 - 15:00 Flora	Yoga Gently 14:00-15:00 Christina	Mat Pilates 14:00 - 15:00 Maria	Hatha (1) 14:00 - 15:00 Flora	Mat Pilates 14:00 - 15:00 Maria	HIIT 15:00 - 15:30 Mike	
After work Yoga 18:30 - 19:30 Christina	Hatha (1) 18:30 - 19:30 May	Deep Stretch 18:30 - 19:30 Maria	Yin & Yang 18:30 - 19:30 May	Hatha (2) 17:30 - 18:30 Master Yogesh	Flow Yoga 15:30 - 16:30 Vanessa	
	Yin Yoga 19:45 - 20:45 May		Myofascia Yin Yoga 19:45 - 20:45 May	Wheel Yoga 19:00 - 20:00 Vanessa	Singing Bowl 17:00 - 18:00 Maria	

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