



FITNESS & WELLNESS CLASSES

26 Aug. 2024 – 1 Sept. 2024

Mon 26	Tue 27	Wed 28	Thu 29	Fri 30	Sat 31	Sun 1
No Class	No Class	No Class this week	Hatha (1) 07:30 - 08:30 Master Yogesh	No Class this Week	No Class	Spinal Health Yoga 11:15 – 12:30 Master Yogesh
Yin Yoga 11:00 - 12:00 Christina	Hatha (2) 11:00 - 12:00 Maria	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 Dilip	Vinyasa (2) 13:00 – 14:00 Dilip
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	No Class this week	Vinyasa (1) 14:00 - 15:00 Nanna	No Class This Week
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 Christina	Mat Pilates 14:00 - 15:00 Maria	HIIT 15:00 - 15:30 Michael	
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	No Class tis week	
	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 | +852 2132 0011



FITNESS & WELLNESS CLASSES

2 Sept. 2024 – 8 Sept. 2024

Mon 2	Tue 3	Wed 4	Thu 5	Fri 6	Sat 7	Sun 8
Yin Yoga 11:00 - 12:00 Christina	Hatha (2) 11:00 - 12:00 Yi	Flow Yoga 07:30 - 08:30 Yi	Hatha (1) 07:30 - 08:30 Master Yogesh	Sivananda Yoga 07:30 - 08:30 Flora	Hatha (2) 10:45 - 12:00 Dilip	Spinal Health Yoga 11:15 - 12:30 Master Yogesh
Hatha (3) 12:30 - 13:30 Lily	Tabata 12:30 - 13:00 Michael	Yang to Yin 11:00 - 12:00 Christina	Vinyasa (2) 11:00 - 12:00 Maria	Hatha (1) 11:00 - 12:00 Lily	Wheel Yoga 12:30 - 13:30 Vanessa	Vinyasa (2) 13:00 - 14:00 Dilip
HIIT 13:00 - 13:30 Anny	Power Vinyasa (3) 12:30 - 13:45 Christina	Hatha (3) 12:30 - 13:45 Master Yogesh	Face Yoga 12:30 - 13:30 Khanh-Linh	Chill Yoga + Meditation 12:30 - 13:45 Christina	Vinyasa (1) 14:00 - 15:00 Nanna	Body Sculpt 14:30 - 15:30 Bee
Yoga Therapy 14:00 - 15:00 Flora	Yoga Gently 14:00-15:00 Christina	Core Blast 13:00 - 13:30 Michael	HIIT 13:00 - 13:30 Anny	HIIT 13:00 - 13:30 Mike	HIIT 15:00 - 15:30 Mike	*Pilates Studio Circuit 15:00 - 16:00 Francis
After work Yoga 18:30 - 19:30 Christina	Hatha (2) 18:30 - 19:30 Dilip	Mat Pilates 14:00 - 15:00 Maria	Hatha (1) 14:00 - 15:00 Flora	No Class this week	Flow Yoga 15:30 - 16:30 Yi	
	Yin Yoga 19:45 - 20:45 Dilip	Deep Stretch 18:30 - 19:30 Maria	Yin & Yang 18:30 - 19:30 May	Hatha (2) 17:30 - 18:30 Master Yogesh	Singing Bowl 17:00 - 18:00 Vanessa	
			Myofascia Yin Yoga 19:45 - 20:45 May	Wheel Yoga 19:00 - 20:00 Vanessa		

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