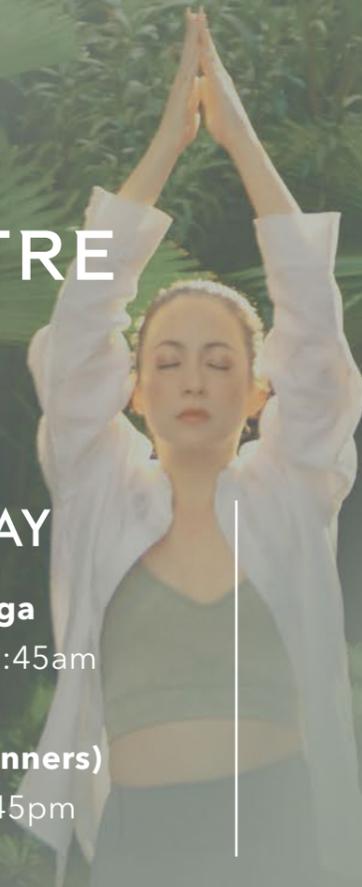




MANDARIN ORIENTAL
BANGKOK

FITNESS & WELLNESS CENTRE

COMPLIMENTARY FITNESS AND YOGA SESSIONS



MONDAY

Meditative Yoga

Yoga House | 8 to 8:45am

Mini Hyrox

Fitness Centre | 12 to 12:45pm

TUESDAY

Sun Salutations

Yoga House | 8 to 8:45am

MOTR Workout

Fitness Centre | 12 to 12:45pm

WEDNESDAY

Gentle Flow Yoga

Yoga House | 8 to 8:45am

Muay Thai (for beginners)

Studio | 12 to 12:45pm

THURSDAY

Yoga (for beginners)

Yoga House | 8 to 8:45am

Core Exercise

Studio | 12 to 12:45pm

FRIDAY

Power Yoga

Yoga House | 8 to 8:45am

MOTR Workout

Fitness Centre | 12 to 12:45pm

SATURDAY

Brain Flow Yoga

Yoga House | 8 to 8:45am

Muay Thai (for beginners)

Studio | 12 to 12:45pm

SUNDAY

Sun Salutations

Yoga House | 8 to 8:45am

Mini Hyrox

Fitness Centre | 12 to 12:45pm

Important Notes: Yoga is best practised on an empty stomach. Please avoid eating a heavy meal at least two hours prior to your session. Wear comfortable clothing without belts or buckles to ensure ease of movement. If you have any specific health concerns, we recommend consulting your physician before beginning any fitness activities. Kindly inform us of any medical conditions before the session, so we can provide the appropriate care and ensure you receive the full benefit of your practice. Spots are limited and available on a first-come, first-served basis.

Private yoga and fitness sessions are available upon request. For further information or to make a reservation, please contact the Fitness & Wellness Centre at extension 7430 or 7431.