



MANDARIN ORIENTAL
SPA AND WELLNESS

YOGA WEEKLY SCHEDULE

SEPTEMBER 15-19

TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18	SATURDAY 19
	9:30am-10:30am	9:30am-10:30am	9:30am-10:30am	10:00am-11:00am
	Yoga Conditioning Christina	Yoga Therapy Flora	Vinyasa (1) Maria	Weekend Reset Dilip
	11:00am-12:00pm	11:00am-12:00pm	11:00am-12:00pm	11:30am-12:30pm
	Spinal Health Yogesh	Hatha (2) Yogesh	Yin Yoga Lily	Yoga Conditioning Christina
	12:30pm-1:30pm	12:30pm-1:30pm	12:30pm-1:30pm	
	Vinyasa (1) Dilip	Yoga Therapy Michelle	Vinyasa Flora	



MANDARIN ORIENTAL
SPA AND WELLNESS

YOGA WEEKLY SCHEDULE

SEPTEMBER 22-26

TUESDAY 22	WEDNESDAY 23	THURSDAY 24	FRIDAY 25	SATURDAY 26
9:30am-10:30am	9:30am-10:30am	9:30am-10:30am	9:30am-10:30am	10:00am-11:00am
Hatha (1) Yogesh	Yoga Conditioning Christina	Yoga Therapy Flora	Vinyasa (1) Maria	Weekend Reset Dilip
11:00am-12:00pm	11:00am-12:00pm	11:00am-12:00pm	11:00am-12:00pm	11:30am-12:30pm
Yoga Therapy Michelle	Spinal Health Yogesh	Hatha (2) Yogesh	Yin Yoga Lily	Yoga Conditioning Christina
12:30pm-1:30pm	12:30pm-1:30pm	12:30pm-1:30pm	12:30pm-1:30pm	
Vinyasa Flow Christina	Vinyasa (1) Dilip	Yoga Therapy Michelle	Vinyasa Flora	