MANDARIN ORIENTAL
SPA AND WELLNESS

YOGA WEEKLY SCHEDULE

OCTOBER 13-17

TUESDAY 13	WEDNESDAY 14	THURSDAY 15	FRIDAY 16	SATURDAY 17
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 May	Yoga Therapy Flora	Wheel Yoga 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 Maria
12:30pm-1:30pm	12:30pm-1:30pm	12:30pm-1:30pm	12:30pm-1:30pm	
Vinyasa Flow Maria	Vinyasa (1) Dilip	Yoga Therapy Michelle	Vinyasa Flora	
18:30pm-19:30pm	14:00pm-15:00pm			
Singing Bowl Maria	Mat Pilates Maria			

MANDARIN ORIENTAL
SPA AND WELLNESS

YOGA WEEKLY SCHEDULE

OCTOBER 20-24

TUESDAY 20	WEDNESDAY 21	THURSDAY 22	FRIDAY 23	SATURDAY 24
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 May	Yoga Therapy Flora	Wheel Yoga 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 Maria
12:30pm-1:30pm	12:30pm-1:30pm	12:30pm-1:30pm	12:30pm-1:30pm	
Vinyasa Flow Maria	Vinyasa (1) Dilip	Yoga Therapy Michelle	Vinyasa Flora	
18:30pm-19:30pm	14:00pm-15:00pm			
Singing Bowl Maria	Mat Pilates Maria			

MANDARIN ORIENTAL
SPA AND WELLNESS

YOGA WEEKLY SCHEDULE

OCTOBER 27-31

TUESDAY 27	WEDNESDAY 28	THURSDAY 29	FRIDAY 30	SATURDAY 31
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	Wheel Yoga 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	
18:30pm-19:30pm	14:00pm-15:00pm			
Singing Bowl Maria	Mat Pilates Maria			