



THE
ORIENTAL SPA
HONG KONG

Yoga Class Time Table 23rd – 29th November 2009

Time	Mon 23	Tue 24	Wed 25	Thur 26	Fri 27	Sat 28	Sun 29
06:30 – 09:45	Mysore <i>Hortario</i>	Mysore <i>amanda</i>	Mysore <i>Hortario amanda</i>	Mysore <i>Hortario amanda</i>	Mysore Style Led 06:30 - 08:00 <i>Hortario</i> Mysore Style Led 08:15 - 09:45 <i>amanda</i>	Ashtanga Beginners 09.00 - 10.15 <i>Cindy</i>	<u>Mysore</u> 8:00 - 10:15 <i>Hortario amanda</i> Yoga Phil 10.15 – 11.00 <i>Hortario</i>
10:30 - 12:00	Ashtanga Beginners 10.30 - 11.45 <i>Anjali</i>	Hatha Yoga 10.30 - 11.45 <i>Valerie</i>		Hatha Yoga 10.30 - 11.45 <i>Cindy</i>	Ashtanga Beginners 10.30 - 11.45 <i>amanda</i>	Hatha Yoga 10:30 - 11:45 <i>Cindy</i>	Ashtanga Beginners 11.15 - 12.15 <i>amanda</i>
12:30 - 13:45	Ashtanga On The Run <i>Anjali</i>	Ashtanga On The Run <i>Cindy</i>	Ashtanga On The Run <i>Hortario</i>	Ashtanga On The Run <i>Hortario</i>	Ashtanga On The Run <i>Hortario</i>	Ashtanga Level 1 - 2 12.00 - 13.30 <i>Hortario</i>	Ashtanga Level 1 - 2 12.30 - 14.00 <i>Anjali</i>
14:00 – 17:00						Hatha Yoga 13:45 - 15:15 <i>Hortario</i>	Hatha Yoga 14:15 - 15:15 <i>Anjali</i>
17:15 - 18:15	Intro to Mysore: 17.15 start	Ashtanga 1 <i>Grace</i>	Hatha Yoga <i>Cindy</i>	Ashtanga 1 <i>amanda</i>	Hatha Yoga <i>Cindy</i>	Hatha Yoga 17:15 - 18:30 <i>Grace</i>	Hatha Yoga 17:15 - 18:30 <i>Cindy</i>
18:30 - 19:30	18.30 start <i>amanda</i>	Hatha Yoga <i>Grace</i>	Ashtanga Beginners <i>Cindy</i>	Hatha Yoga <i>Grace</i>	Ashtanga Beginners <i>Winnie</i>		
19:45 - 20:45	Ashtanga Beginners <i>amanda</i>	Yoga Gently <i>Grace</i>	Yoga Gently <i>TBA</i>	Yoga Gently <i>Grace</i>	Ashtanga Level 1-2 <i>Winnie</i>		

Reservations for group yoga classes are not required. For the well being of all participants, please arrive on time.
Private classes are available from 6am to 9pm subject to instructor's availability.

Prices:

Yoga Group Classes

One Class	\$250
Series of 10 sessions	\$1,900
Monthly, Unlimited	\$2,200
3 Months, Unlimited	\$5,400
12 Months, Unlimited	\$18,000

Mysore Group

Mysore One Month	\$1,750
Mysore Three Months	\$4,400

Swimming Pool

Day	\$350
6 Months	\$10,500
12 Months	\$18,000

Yoga Private Session

One-on-One	60 mins	\$1,200
One-on-One	90 mins	\$1,500
With Certified & Authorized instructors by P. Jois + 10%	60 mins	\$1,320
	90 mins	\$1,650

Pilates

1 Private Session	60 mins	\$850
10 Private Series	60 mins	\$7,650
1 Private Session	90 mins	\$1,145
10 Private Series	90 mins	\$10,305
1 Semi-Private	60 mins	\$1,400
10 Semi-Private	60 mins	\$12,300

Please visit www.mandarinoriental.com for our weekly schedule. Please note that listed timetables may be subject to