



Yoga Class Time Table							
28th November- 4 th December 2011							
Time	Mon 28	Tue 29	Wed 30	Thur 1	Fri 2	Sat 3	Sun 4
06:30 – 09:45	Mysore <i>Hortario</i>	Mysore <i>Lily</i>	Mysore <i>Hortario</i>	Mysore <i>Lily</i>	Ashtanga Primary Open Practice 06:30 - 08:00 <i>Hortario</i>	Ashtanga Beginners 9.00 – 10.15 <i>Denise</i>	Mysore 8.00 – 10.15 Pranayama 10.15 – 11.00 <i>Lily</i>
					Ashtanga Led Primary Series 08:15 - 09:45 <i>Hortario</i>		
10:30 – 11:45	Ashtanga Beginners <i>Cindy</i>	Hatha Yoga <i>Hortario</i>	Yang to Yin <i>Denise</i>	Hatha Yoga <i>Moises</i>	Ashtanga Beginners <i>Moises</i>	Hatha Yoga 10.30 -11.45 <i>Denise</i>	Ashtanga Beginners 11.15 – 12.30 <i>Hortario</i>
						Ashtanga Level 1 – 2 12.00 – 13.30 <i>Moises</i>	Ashtanga Level 2 12.45 -14.00 <i>Hortario</i>
12.30 – 13:45	Ashtanga On The Run <i>Cindy</i>	Ashtanga On The Run <i>Hortario</i>	Ashtanga On The Run <i>Denise</i>	Ashtanga On The Run <i>Moises</i>	Ashtanga On The Run <i>Hortario</i>	Hatha Yoga 13.45 – 15.15 <i>Moises</i>	Yang to Yin 14.15 – 15.30 <i>Siu Shan</i>
						Ashtanga 1 15.30 – 17.00 <i>Siu Shan</i>	Ashtanga 1 15.45 – 17.00 <i>Cindy</i>
14:00 – 17:00							
17:15 – 18:15	Hatha Yoga <i>Rossana</i>	Ashtanga 1 <i>Hortario</i>	Hatha Yoga <i>Moises</i>	Ashtanga 1 <i>Cindy</i>	Hatha Yoga <i>Rossana</i>	Hatha Yoga 17.15 -18.30 <i>Siu Shan</i>	Hatha Yoga 17.15 -18.30 <i>Cindy</i>
18:30 – 19:30	Evening Mysore Start anytime, beginners welcome!	Hatha Yoga <i>Denise</i>	Ashtanga Beginners <i>Cindy</i>	Hatha Yoga <i>Denise</i>	Ashtanga Beginners <i>Rossana</i>		
19:45 - 20:45	<i>Denise</i>	Yoga Gently <i>Denise</i>	Ashtanga 1 <i>Cindy</i>	Yoga Gently <i>Denise</i>			

Reservations for group yoga classes are not required. For the well being of all participants, please arrive on time.
We reserve the right to request that guests do not enter the studio 5 min past the start time.
Private classes are available from 6am to 9pm subject to instructor's availability.

Notes for this week:

Teacher substitutions will be made throughout November and December to accommodate their holidays and breaks.

Selections of Rates: Special Class, \$300, One Class, \$260 / Series of 10 sessions, \$2,100 / Monthly Unlimited, \$2,300 /
Monthly Mysore, \$1,850

Kindly contact The Oriental Spa on 2132-0011 or www.mandarinoriental.com for updates.