



MANDARIN ORIENTAL
BANGKOK

FITNESS & WELLNESS CENTRE

Complimentary Fitness and Yoga Sessions

Monday	Meditative Yoga (Flow into the calm) 8 - 8.45am	Stretching 2 - 2.45pm	Kids Yoga (6-13 years old) 3 - 3.30pm	Random Exercise 5 - 5.45pm
Tuesday	Yoga (Back to Basics) 8 - 8.45am	Functional Training 2 - 2.45pm	Kids Yoga (6-13 years old) 3 - 3.30pm	Glutes Workout 5 - 5.45pm
Wednesday	Sun Salutations (A complete yoga workout) 8 - 8.45am	Mobility 2 - 2.45pm	Gym Ball Class for Kids (6-13 years old) 3 - 3.30pm	HIIT 5 - 5.30pm
Thursday	Vinyasa Flow 8 - 8.45am	Gym Ball Class 2 - 2.45pm	Fundamentals of Movement for Kids (6-13 years old) 3 - 3.30pm	Abdominal Workout 5 - 5.45pm
Friday	Core Burn 9 - 9.30am	Circuit Training 2 - 2.45pm	Chakra Healing 5 - 5.45pm	Step Dance Workout 6 - 7pm
Saturday	Yoga Asanas & Meditation for Stress Relief 8 - 8.45am	Spirit of Breath & Meditation 11 - 11.30am	Stretching for Kids (6 - 13 years old) 3 - 3.30pm	Muay Thai (Thai Boxing) 5 - 6pm
Sunday	Sun Salutations (A complete yoga workout) 8 - 8.45am	Nada Yoga & Meditation (for stress relief) 11 - 11.30am	Tennis Lesson 12 - 12.45pm	Muay Thai (Thai Boxing) 5 - 6pm

Please note: Yoga is best practised on an empty stomach. Please try to avoid eating a heavy meal for at least 2 hours prior to your Yoga session. Please dress comfortably with no belts or buckles. We recommend you consult your physician in case of specific health concerns before commencing fitness practices. Please inform us of any health issues or concerns before the session begins so that you receive both the required attention and maximum benefit from the programme. The spots are available on a first-come, first-serve basis.

Private Yoga and fitness sessions are available upon request. Kindly contact the Fitness & Wellness Centre at extension 7430 or 7431 for more information or to make a booking.

