MANDARIN ORIENTAL
SPA AND WELLNESS

DAILY WELLNESS BOOST

ENHANCE YOUR STAY WITH OUR RANGE OF COMPLIMENTARY FITNESS ACTIVITIES.

HIIT
Monday | 7:15 - 8:15 (Morning)

Run by the Bay
Tuesday | 18:30 - 19:30 (Evening)

Mat Pilates
Wednesday | 7:15 - 8:15 (Morning)

Run by the Garden
Thursday | 18:30 - 19:30 (Evening)

Yoga
Friday | 7:15 - 8:15 (Morning)

Yoga
Saturday | 9:30 - 10:30 (Morning)

Family Fun HIIT
Sunday | 9:00 - 10:00 (Morning)

Exclusively for in-house guests. Gather at the Fitness Centre in Level 5, at least 15 minutes in advance, to join the fitness sessions.

Our HIIT and yoga classes are recommended for guests aged 16 and above. Children aged 5 and above may join the Family Fun HIIT session when accompanied by a parent or guardian. Schedule is subject to change.