



MANDARIN ORIENTAL  
BANGKOK

## FITNESS & WELLNESS CENTRE

COMPLIMENTARY FITNESS AND YOGA SESSIONS

AT SALA RIM NAAM

### MONDAY

**Yoga for Chakras**  
8 to 8:45am

**Cardio Workout**  
11 to 11:30am

### TUESDAY

**Sun Salutations**  
8 to 8:45am

**MOTR® Workout**  
11 to 11:30am

### WEDNESDAY

**Hatha Yoga**  
8 to 8:45am

**Core Exercise**  
11 to 11:30am

### THURSDAY

**Vinayasa Yoga**  
8 to 8:45am

**Stretch & Recover**  
11 to 11:30am

### FRIDAY

**Power Yoga**  
8 to 8:45am

**Muay Thai (for beginners)**  
11 to 11:45am

### SATURDAY

**Yoga for Better Brain Health**  
8 to 8:45am

**Muay Thai**  
11 to 11:45am

### SUNDAY

**Meditative Yoga**  
8 to 8:45am

**Mobility Exercise**  
11 to 11:30am



**Important Notes:** Yoga is best practised on an empty stomach. Please avoid eating a heavy meal at least two hours prior to your session. Wear comfortable clothing without belts or buckles to ensure ease of movement. If you have any specific health concerns, we recommend consulting your physician before beginning any fitness activities. Kindly inform us of any medical conditions before the session, so we can provide the appropriate care and ensure you receive the full benefit of your practice. Spots are limited and available on a first-come, first-served basis.

Private yoga and fitness sessions are available upon request. For further information or to make a reservation, please contact the Fitness & Wellness Centre at extension 7430 or 7431.