



MANDARIN ORIENTAL  
BANGKOK

## FITNESS & WELLNESS CENTRE

COMPLIMENTARY FITNESS AND YOGA SESSIONS

### MONDAY

#### **Meditative Yoga**

Yoga House | 8 to 8:45am

#### **Mini Hyrox**

Fitness Centre | 12 to 12:45pm

#### **Stretch & Recovery**

Fitness Centre - include sauna  
5 to 5:45pm

### TUESDAY

#### **Sun Salutations**

Yoga House | 8 to 8:45am

#### **MOTR Workout**

Fitness Centre | 12 to 12:45pm

#### **Mobility**

Fitness Centre - include steam room  
5 to 5:45pm

### WEDNESDAY

#### **Gentle Flow Yoga**

Yoga House | 8 to 8:45am

#### **Muay Thai (for beginners)**

Studio | 12 to 12:45pm

#### **Glutes Workout**

Fitness Centre - Include Jacuzzi  
5 to 5:45pm

### THURSDAY

#### **Yoga (for beginners)**

Yoga House | 8 to 8:45am

#### **Core Exercise**

Studio | 12 to 12:45pm

#### **Stretch & Recovery**

Fitness Centre - include sauna  
5 to 5:45pm

### FRIDAY

#### **Power Yoga**

Yoga House | 8 to 8:45am

#### **MOTR Workout**

Fitness Centre | 12 to 12:45pm

#### **Strength & Stability**

Fitness Centre - include sauna  
5 to 5:45pm

### SATURDAY

#### **Brain Flow Yoga**

Yoga House | 8 to 8:45am

#### **Muay Thai (for beginners)**

Studio | 12 to 12:45pm

#### **Meditative Yoga**

Yoga House | 5 to 5:45pm

### SUNDAY

#### **Sun Salutations**

Yoga House | 8 to 8:45am

#### **Mini Hyrox**

Fitness Centre | 12 to 12:45pm

#### **Gentle Flow Yoga**

Yoga House | 5 to 5:45pm

**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.