



| MON | TUE | WED | THU | FRI | SAT | SUN |
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HK\$400 per person
HK\$298 for Mira Plus & MiraSpa Members
 60min class includes access to Heat Zone (sauna, steam bath & Jacuzzi) and one glass of healthy juice!

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| | | | <p>1</p> <p>Mindfulness Breathing Meditation 3:00-4:00 Shivani</p> | <p>2</p> <p>Yoga Wheel 2:30-3:30 Beagle Hatha Yoga 4:00-5:00 Beagle</p> | <p>3</p> <p>Gentle Stretch 11:00-12:00 Lotty</p> | <p>4</p> <p>Vitality Yoga 11:00-12:00 Jen</p> |
| <p>5</p> <p>Pilates 12:30-1:30 Kit Alignment 2:30-3:30 Beagle Yin Yoga 4:00-5:00 Beagle</p> | <p>6</p> <p>Gentle Stretch 11:00-12:00 Ringo Relaxing Stretch 3:00-4:00 Pepsi Yin Yang Yoga 4:20-5:20 Pepsi</p> | <p>7</p> <p>Hatha Yoga 10:00-11:00 Ringo Gentle Stretch 3:00-4:00 Ringo</p> | <p>8</p> <p>Mindfulness Breathing Meditation 3:00-4:00 Shivani</p> | <p>9</p> <p>Yoga Wheel 2:30-3:30 Beagle Hatha Yoga 4:00-5:00 Beagle</p> | <p>10</p> <p>Gentle Stretch 11:00-12:00 Lotty</p> | <p>11</p> |
| <p>12</p> <p>Pilates 12:30-1:30 Kit Alignment 2:30-3:30 Beagle Yin Yoga 4:00-5:00 Beagle</p> | <p>13</p> <p>Gentle Stretch 11:00-12:00 Ringo Relaxing Stretch 3:00-4:00 Pepsi Yin Yang Yoga 4:20-5:20 Pepsi</p> | <p>14</p> <p>Hatha Yoga 10:00-11:00 Ringo Gentle Stretch 3:00-4:00 Ringo</p> | <p>15</p> <p>Deep Relaxation Meditation 3:00-4:00 Shivani</p> | <p>16</p> <p>Yoga Wheel 2:30-3:30 Beagle Hatha Yoga 4:00-5:00 Beagle</p> | <p>17</p> <p>Gentle Stretch 11:00-12:00 Lotty</p> | <p>18</p> |
| <p>19</p> <p>Pilates 12:30-1:30 Kit Alignment 2:30-3:30 Beagle Yin Yoga 4:00-5:00 Beagle</p> | <p>20</p> <p>Gentle Stretch 11:00-12:00 Ringo Relaxing Stretch 3:00-4:00 Pepsi Yin Yang Yoga 4:20-5:20 Pepsi</p> | <p>21</p> <p>Hatha Yoga 10:00-11:00 Ringo Gentle Stretch 3:00-4:00 Ringo</p> | <p>22</p> <p>Mindfulness Breathing Meditation 3:00-4:00 Shivani</p> | <p>23</p> <p>Yoga Wheel 2:30-3:30 Beagle Hatha Yoga 4:00-5:00 Beagle</p> | <p>24</p> <p>Gentle Stretch 11:00-12:00 Lotty</p> | <p>25</p> <p>Vitality Yoga 11:00-12:00 Jen</p> |
| <p>26</p> <p>Pilates 12:30-1:30 Kit Alignment 2:30-3:30 Beagle Yin Yoga 4:00-5:00 Beagle</p> | <p>27</p> <p>Gentle Stretch 11:00-12:00 Ringo Relaxing Stretch 3:00-4:00 Pepsi Yin Yang Yoga 4:20-5:20 Pepsi</p> | <p>28</p> <p>Hatha Yoga 10:00-11:00 Ringo Gentle Stretch 3:00-4:00 Ringo</p> | <p>29</p> <p>Deep Relaxation Meditation 3:00-4:00 Shivani</p> | <p>30</p> <p>Yoga Wheel 2:30-3:30 Beagle Hatha Yoga 4:00-5:00 Beagle</p> | <p>31</p> <p>Gentle Stretch 11:00-12:00 Lotty</p> | <p>Book tickets:</p> <p>Booking Enquiries: 2315 5500 or miraspa@themirahotel.com</p> |