

December

WELLNESS CLASS SCHEDULE



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!

EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY	EVERY SATURDAY	EVERY SUNDAY
<p>2:30 - 3:30 Hatha Yoga Beagle</p> <hr/> <p>4:00 - 5:00 Yin Yoga Beagle</p> <hr/> <p>7:00 - 8:00 Yoga Wheel Beagle</p>	<p>11:00 - 12:00 Gentle Stretch Ringo</p> <hr/> <p>2:00 - 3:00 Pilates Kitty</p> <hr/> <p>3:30 - 4:30 Relaxing Stretch Pepsi</p> <hr/> <p>4:50 - 5:50 Yin Yang Yoga Pepsi</p>	<p>10:00 - 11:00 Hatha Yoga Ringo</p> <hr/> <p>3:00 - 4:00 Gentle Stretch Ringo</p> <hr/> <p>4:30 - 5:30 Dharma Yoga Kaman</p>	<p>3:00 - 4:00 Mindfulness Breathing Meditation (Nov 5th & 19th) / Deep Relaxation Meditation (Nov 12th & 26th) Shivani</p> <hr/> <p>4:30 - 5:30 Restorative with Alchemy singing bowl Kaman</p>	<p>2:30 - 3:30 Alignment Beagle</p> <hr/> <p>4:00 - 5:00 Yin Yoga Beagle</p> <hr/> <p>7:00 - 8:00 Yoga Wheel Beagle</p>	<p>11:00 - 12:00 Hatha Yoga Lotty</p>	

Get to know
our coaches
better!



Book tickets:



Booking Enquiries:
2315 5500 or
miraspa@themirahotel.com

* Schedule is subject to change without prior notice

