



WELL-BEING CLASSES

asaya

September 2021

Designed for the committed fitness enthusiast, Asaya Active draws on the expert knowledge of our trainers as well as our state-of-the-art facilities. Join our inclusive community and experience a series of thoughtfully designed well-being classes to nurture your physical, emotional and spiritual health.

BOOK NOW

ASAYA ACTIVE | AUG 30 TO SEPTEMBER 5

	MONDAY 30	TUESDAY 31	WEDNESDAY 1	THURSDAY 2	FRIDAY 3	SATURDAY 4	SUNDAY 5
7:30 A.M.	Cardio Ignite (45) <i>Terry</i> Fitness Centre	Morning Yoga (45) <i>Goni</i> Harbour Studio	Morning Yoga (45) <i>Goni</i> Harbour Studio	HIIT (45) <i>Terry</i> Fitness Centre	TRX Suspension Training (45) <i>Terry</i> Harbour Studio		
10:00 A.M.	Flow Yoga (45) <i>Goni</i> Harbour Studio	Flow Yoga (45) <i>Goni</i> Harbour Studio	Flow Yoga (45) <i>Goni</i> Harbour Studio	TRX Suspension Training (45) <i>Terry</i> Harbour Studio	Flow Yoga (45) <i>Goni</i> Harbour Studio	Morning Yoga (45) <i>Meagan</i> Harbour Studio	
12:00 P.M.	TRX Suspension Training (45) <i>Terry</i> Harbour Studio	HIIT (45) <i>Acton</i> Fitness Centre		Cardio Ignite (45) <i>Terry</i> Fitness Centre	Cardio Ignite (45) <i>Terry</i> Fitness Centre	Ladder Flow (45) <i>Tee</i> Harbour Studio	TRX Suspension Training (45) <i>Terry</i> Harbour Studio
3:00 P.M.				Stretching (45) <i>Terry</i> Fitness Centre	HIIT (45) <i>Terry</i> Fitness Centre	HIIT (45) <i>Terry</i> Fitness Centre	Calisthenics (45) <i>Tee</i> Fitness Centre
5:30 P.M.	Vinyasa Bliss (45) <i>Meagan</i> Harbour Studio	Vinyasa Bliss (45) <i>Meagan</i> Harbour Studio	Vinyasa Bliss (45) <i>Meagan</i> Harbour Studio	Vinyasa Bliss (45) <i>Meagan</i> Harbour Studio	Vinyasa Bliss (45) <i>Meagan</i> Harbour Studio	Cardio Ignite (45) <i>Acton</i> Fitness Centre	Ladder Flow (45) <i>Tee</i> Harbour Studio
7:00 P.M.	Relax & Restore Yoga (45) <i>Meagan</i> Harbour Studio	Relax & Restore Yoga (45) <i>Meagan</i> Harbour Studio	Relax & Restore Yoga (45) <i>Meagan</i> Harbour Studio	Relax & Restore Yoga (45) <i>Meagan</i> Harbour Studio	Relax & Restore Yoga (45) <i>Meagan</i> Harbour Studio	Sculpt & Tone(45) <i>Acton</i> Fitness Centre	

Terms and Conditions: Complimentary for Asaya Members and Rosewood Hong Kong Hotel Guests. Reservations Required.

ASAYA ACTIVE | SEPTEMBER 6 TO 12

	MONDAY 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10	SATURDAY 11	SUNDAY 12
7:30 A.M.	Cardio Ignite (45) <i>Terry</i> Fitness Centre	Morning Yoga (45) <i>Goni</i> Harbour Studio	Morning Yoga (45) <i>Goni</i> Harbour Studio	Cardio Ignite (45) <i>Terry</i> Fitness Centre	HIIT (45) <i>Terry</i> Fitness Centre		
10:00 A.M.	Flow Yoga (45) <i>Goni</i> Harbour Studio	Flow Yoga (45) <i>Goni</i> Harbour Studio	Flow Yoga (45) <i>Goni</i> Harbour Studio	HIIT (45) <i>Terry</i> Fitness Centre	Flow Yoga (45) <i>Goni</i> Harbour Studio	Morning Yoga (45) <i>Meagan</i> Harbour Studio	TRX Suspension Training (45) <i>Terry</i> Harbour Studio
12:00 P.M.	HIIT (45) <i>Terry</i> Fitness Centre	HIIT (45) <i>Acton</i> Fitness Centre		Sculpt & Tone (45) <i>Acton</i> Fitness Centre		HIIT (45) <i>Terry</i> Fitness Centre	Stretching (45) <i>Terry</i> Fitness Centre
3:00 P.M.	Stretching (45) <i>Terry</i> Fitness Centre				TRX Suspension Training (45) <i>Terry</i> Harbour Studio	Ladder Flow (45) <i>Tee</i> Harbour Studio	Calisthenics (45) <i>Tee</i> Fitness Centre
5:30 P.M.	Vinyasa Bliss (45) <i>Meagan</i> Harbour Studio	Vinyasa Bliss (45) <i>Meagan</i> Harbour Studio	Vinyasa Bliss (45) <i>Meagan</i> Harbour Studio	Vinyasa Bliss (45) <i>Meagan</i> Harbour Studio	Vinyasa Bliss (45) <i>Meagan</i> Harbour Studio	TRX Suspension Training (45) <i>Terry</i> Harbour Studio	Ladder Flow (45) <i>Tee</i> Harbour Studio
7:00 P.M.	Relax & Restore Yoga (45) <i>Meagan</i> Harbour Studio	Relax & Restore Yoga (45) <i>Meagan</i> Harbour Studio	Relax & Restore Yoga (45) <i>Meagan</i> Harbour Studio	Relax & Restore Yoga (45) <i>Meagan</i> Harbour Studio	Relax & Restore Yoga (45) <i>Meagan</i> Harbour Studio	Cardio Ignite (45) <i>Terry</i> Fitness Centre	Cardio Ignite (45) <i>Terry</i> Fitness Centre

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ASAYA ACTIVE | SEPTEMBER 13 TO 19

	MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17	SATURDAY 18	SUNDAY 19
7:30 A.M.	HIIT (45) <i>Terry</i> Fitness Centre	Morning Yoga (45) <i>Goni</i> Harbour Studio	Morning Yoga (45) <i>Goni</i> Harbour Studio	Morning Yoga (45) <i>Goni</i> Harbour Studio	HIIT (45) <i>Terry</i> Fitness Centre		
10:00 A.M.	Flow Yoga (45) <i>Goni</i> Harbour Studio	Flow Yoga (45) <i>Goni</i> Harbour Studio	Flow Yoga (45) <i>Goni</i> Harbour Studio	Flow Yoga (45) <i>Goni</i> Harbour Studio	Flow Yoga (45) <i>Goni</i> Harbour Studio	Morning Yoga (45) <i>Meagan</i> Harbour Studio	TRX Suspension Training (45) <i>Terry</i> Harbour Studio
12:00 P.M.	Cardio Ignite (45) <i>Terry</i> Fitness Centre	Cardio Ignite (45) <i>Terry</i> Fitness Centre	Astrology (45) <i>Kit</i> Urban Garden	Cardio Ignite (45) <i>Acton</i> Fitness Centre	TRX Suspension Training (45) <i>Terry</i> Harbour Studio	HIIT (45) <i>Terry</i> Fitness Centre	HIIT (45) <i>Terry</i> Fitness Centre
3:00 P.M.		Stretching (45) <i>Terry</i> Fitness Centre	Expressive Arts Therapy (45) <i>Kit</i> Urban Garden		Cardio Ignite (45) <i>Terry</i> Fitness Centre	Cardio Ignite (45) <i>Terry</i> Harbour Studio	Astrology (45) <i>Kit</i> Urban Garden
5:30 P.M.	Vinyasa Bliss (45) <i>Meagan</i> Harbour Studio	HIIT (45) <i>Terry</i> Fitness Centre	Vinyasa Bliss (45) <i>Meagan</i> Harbour Studio	Vinyasa Bliss (45) <i>Meagan</i> Harbour Studio	Vinyasa Bliss (45) <i>Meagan</i> Harbour Studio	TRX Suspension Training (45) <i>Terry</i> Harbour Studio	Ladder Flow (45) <i>Tee</i> Harbour Studio
7:00 P.M.	Relax & Restore Yoga (45) <i>Meagan</i> Harbour Studio	TRX Suspension Training (45) <i>Terry</i> Harbour Studio	Relax & Restore Yoga (45) <i>Meagan</i> Harbour Studio	Relax & Restore Yoga (45) <i>Meagan</i> Harbour Studio	Relax & Restore Yoga (45) <i>Meagan</i> Harbour Studio	Sculpt & Tone (45) <i>Acton</i> Fitness Centre	Meditation & Pranayama (45) <i>Tee</i> Harbour Studio

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ASAYA ACTIVE | SEPTEMBER 20 TO 26

	MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24	SATURDAY 25	SUNDAY 26
7:30 A.M.	Morning Yoga (45) <i>Goni</i> Harbour Studio	HIIT (45) <i>Terry</i> Fitness Centre	Morning Yoga (45) <i>Goni</i> Harbour Studio	Morning Yoga (45) <i>Goni</i> Harbour Studio	HIIT (45) <i>Terry</i> Fitness Centre		
10:00 A.M.	Flow Yoga (45) <i>Goni</i> Harbour Studio	Flow Yoga (45) <i>Goni</i> Harbour Studio	Flow Yoga (45) <i>Goni</i> Harbour Studio	Flow Yoga (45) <i>Goni</i> Harbour Studio	Flow Yoga (45) <i>Goni</i> Harbour Studio	TRX Suspension Training (45) <i>Terry</i> Harbour Studio	HIIT (45) <i>Terry</i> Fitness Centre
12:00 P.M.		Cardio Ignite (45) <i>Acton</i> Fitness Centre	Astrology (45) <i>Kit</i> Urban Garden	HIIT (45) <i>Acton</i> Fitness Centre	Cardio Ignite (45) <i>Terry</i> Fitness Centre	Ladder Flow (45) <i>Tee</i> Harbour Studio	Ladder Flow (45) <i>Tee</i> Harbour Studio
3:00 P.M.	Cardio Ignite (45) <i>Terry</i> Fitness Centre	TRX Suspension Training (45) <i>Terry</i> Harbour Studio	Expressive Arts Therapy (45) <i>Kit</i> Urban Garden	Astrology (45) <i>Kit</i> Urban Garden	HIIT (45) <i>Terry</i> Harbour Studio	Calisthenics (45) <i>Tee</i> Fitness Centre	Calisthenics (45) <i>Tee</i> Fitness Centre
5:30 P.M.	Vinyasa Bliss (45) <i>Meagan</i> Harbour Studio	Vinyasa Bliss (45) <i>Meagan</i> Harbour Studio	Vinyasa Bliss (45) <i>Meagan</i> Harbour Studio	Vinyasa Bliss (45) <i>Meagan</i> Harbour Studio	Vinyasa Bliss (45) <i>Meagan</i> Harbour Studio	Cardio Ignite (45) <i>Terry</i> Fitness Centre	TRX Suspension Training (45) <i>Terry</i> Harbour Studio
7:00 P.M.	Relax & Restore Yoga (45) <i>Meagan</i> Harbour Studio	Relax & Restore Yoga (45) <i>Meagan</i> Harbour Studio	Relax & Restore Yoga (45) <i>Meagan</i> Harbour Studio	Relax & Restore Yoga (45) <i>Meagan</i> Harbour Studio	Relax & Restore Yoga (45) <i>Meagan</i> Harbour Studio	Stretching (45) <i>Terry</i> Fitness Centre	Sculpt & Tone (45) <i>Terry</i> Fitness Centre

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ASAYA ACTIVE | SEPTEMBER 27 TO 30

	MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30			
7:30 A.M.	Morning Yoga (45) <i>Goni</i> Harbour Studio	TRX Suspension Training (45) <i>Terry</i> Harbour Studio	Morning Yoga (45) <i>Goni</i> Harbour Studio	Morning Yoga (45) <i>Goni</i> Harbour Studio			
10:00 A.M.	Flow Yoga (45) <i>Goni</i> Harbour Studio	Cardio Ignite (45) <i>Terry</i> Harbour Studio	Flow Yoga (45) <i>Goni</i> Harbour Studio	HIIT(45) <i>Acton</i> Fitness Centre			
12:00 P.M.	HIIT(45) <i>Terry</i> Fitness Centre	HIIT (45) <i>Acton</i> Fitness Centre	Astrology (45) <i>Kit</i> Urban Garden	Cardio Ignite (45) <i>Acton</i> Fitness Centre			
3:00 P.M.	Cardio Ignite (45) <i>Terry</i> Fitness Centre	Astrology (45) <i>Kit</i> Urban Garden	Expressive Arts Therapy (45) <i>Kit</i> Urban Garden				
5:30 P.M.	Vinyasa Bliss (45) <i>Meagan</i> Harbour Studio	Vinyasa Bliss (45) <i>Meagan</i> Harbour Studio	Vinyasa Bliss (45) <i>Meagan</i> Harbour Studio	Vinyasa Bliss (45) <i>Meagan</i> Harbour Studio			
7:00 P.M.	Relax & Restore Yoga (45) <i>Meagan</i> Harbour Studio	Relax & Restore Yoga (45) <i>Meagan</i> Harbour Studio	Relax & Restore Yoga (45) <i>Meagan</i> Harbour Studio	Relax & Restore Yoga (45) <i>Meagan</i> Harbour Studio			

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ASAYA ACTIVE | CLASS DESCRIPTION

ASHTANGA BASICS

The original vinyasa. If you are new to yoga or wish to build a strong daily practice that you can always return to, rely on, and move forward with, this class is for you.

ASTROLOGY

The study of the movements of planets and stars on the basis of your birth chart. It can help you transcend your weaknesses and maximize your strengths.

CALISTHENICS

Maximise the potential of your body in strength and mobility. Using minimal to no equipment to progress towards your movement and fitness goals safely and efficiently.

CARDIO IGNITE

High-intensity interval training programmed with both strength and cardio based exercises to push your whole body to its limit

EXPRESSIVE ARTS THERAPY

This psychotherapy employs the creative arts as a form of therapy, tapping into your creativity and imagination, you can reflect and heal your emotional well-being.

FLOW YOGA

An energetic type of yoga with a dynamic sequence of postures. - The consistent flow of movement dissolves bodily tension while building integrated and flexible strength.

HIIT

High-intensity cardio intervals (1-2 minutes long), this class is the most fun and effective way to burn fat, lose weight and change your body. It's time to shake up your workout!

LADDER FLOW

Turn traditional Vinyasa into a strong, sweaty, and fun practice! Stack postures to build rhythm while linking breath and movement to build internal heat while clearing your mind.

MEDITATION

A practice in which distracting thoughts and feelings are acknowledged in order to create detachment from them and gain insight and awareness.

SOUND THERAPY

Ancient sound healing that uses metal bowls to create different harmonics and resonance corresponding to different energy center in the body.

MORNING YOGA

Stretch and strengthen, bring energy to the body and rejuvenate the nervous system to kick start your day.

RELAX & RESTORE

A restorative yoga experience. Flow and unwind with a sequence of hip openers, deep stretches and delightful meditation.

SCULPT & TONE

These body part-specific workouts help on perfecting movement mechanics. It's a fun workout to create shape and structure in key muscle groups.

SPORT'S PERSONS CHOICE

Ever wondered what makes a sportsperson great? Experience the training they do. Add a little fun and this class gives you fitness, co-ordination and mental agility.

TRX SUSPENSION TRAINING

Leveraging gravity to increase your strength, flexibility, mobility, endurance & core stability.

VINYASA BLISS

This mind-body sequence will not only strengthen and open your body, but also empower you to magnify your limits to help you revitalize the day.

asaya

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