

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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