



asaya

THE A-TEAM

*eight-week series of
transformative
classes*

AUGUST-OCTOBER
2022



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We've curated the best homegrown instructors from across the city; including Utah Lee, Victor Chau, Janice Ng, Tricia Yap, David Markham of Hybrid Gym HK, and master Bernard Kwan will be holding classes across yoga, qigong, expressive dance, HIIT, core training using Pilates techniques, strength and conditioning, ballet barre and much more.

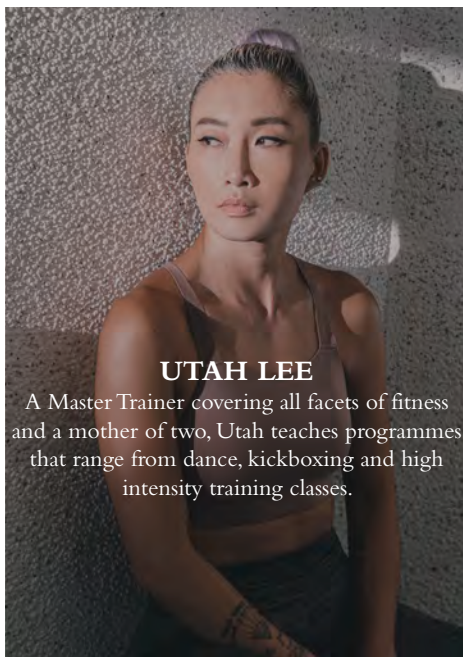
The top dancers of the Hong Kong Ballet will also be hosting entry level to advanced ballet and ballet-fitness classes for those looking to elevate their technique with fun, professional-level training.

#AsayaATeam #AsayaHongKong @AsayaWellness

A woman with long brown hair tied in a ponytail, wearing a white tank top, stands in profile with her hands pressed together in a prayer position. She is looking towards the right. The background is a soft-focus outdoor scene with green foliage and a building. The text 'THE TEAM' is overlaid in white serif font on the left side of the image.

THE TEAM

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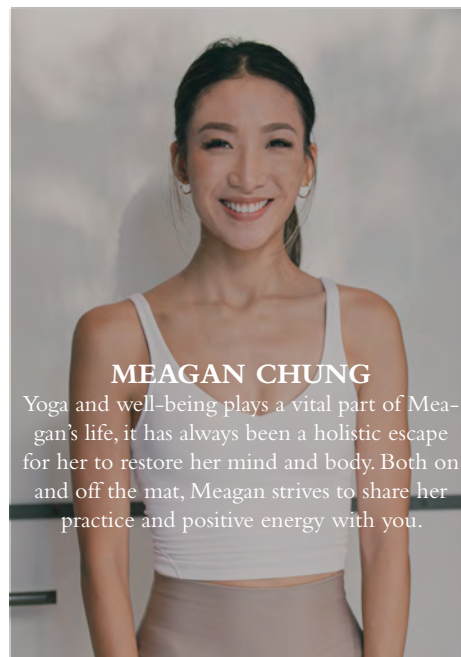
UTAH LEE

A Master Trainer covering all facets of fitness and a mother of two, Utah teaches programmes that range from dance, kickboxing and high intensity training classes.



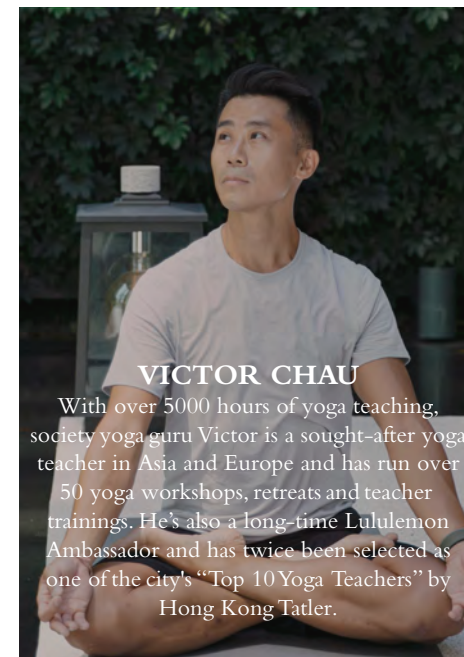
DAVID MARKHAM

David Markham sported a 10-year professional rugby career, playing for notable teams in both the UK and France. Paired with his IRB Level 3 Rugby Coach and YMCA Trainer certifications, this has allowed him to transition into both Group Fitness Training and Personal Training at Hybrid. David coaches by the philosophy: “You either win or you learn, and if you learn you’re winning anyway.”



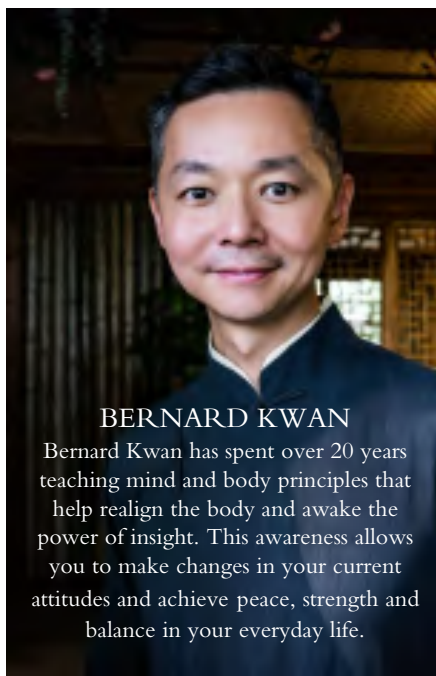
MEAGAN CHUNG

Yoga and well-being plays a vital part of Meagan’s life, it has always been a holistic escape for her to restore her mind and body. Both on and off the mat, Meagan strives to share her practice and positive energy with you.



VICTOR CHAU

With over 5000 hours of yoga teaching, society yoga guru Victor is a sought-after yoga teacher in Asia and Europe and has run over 50 yoga workshops, retreats and teacher trainings. He’s also a long-time Lululemon Ambassador and has twice been selected as one of the city’s “Top 10 Yoga Teachers” by Hong Kong Tatler.



BERNARD KWAN

Bernard Kwan has spent over 20 years teaching mind and body principles that help realign the body and awake the power of insight. This awareness allows you to make changes in your current attitudes and achieve peace, strength and balance in your everyday life.



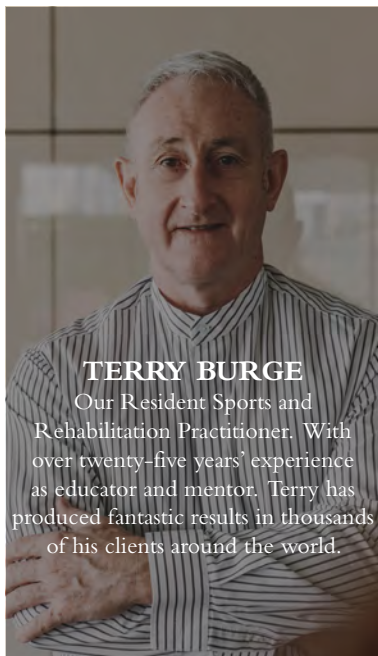
TEE NANTIYAKUL

Growing up a multi-sport athlete and having served in the Thai military, Tee shares his pursuit of holistic health and longevity through yoga, calisthenics, and meditation. Get stronger efficiently, learn smarter movement habits and improve your quality of life.



ALVIN SIN

Founder of Flipz Studio, Alvin started as a 3 metre Springboard diver in Malaysia at the age of 7 and won his first Gold medal in National Age Group competition (Under 12), a bronze at Malaysia National Game, and a silver in Malaysia Open Championship. Alvin was selected and trained in the Hong Kong Gymnastics Team from 1995-2000.



TERRY BURGE

Our Resident Sports and Rehabilitation Practitioner. With over twenty-five years' experience as educator and mentor, Terry has produced fantastic results in thousands of his clients around the world.



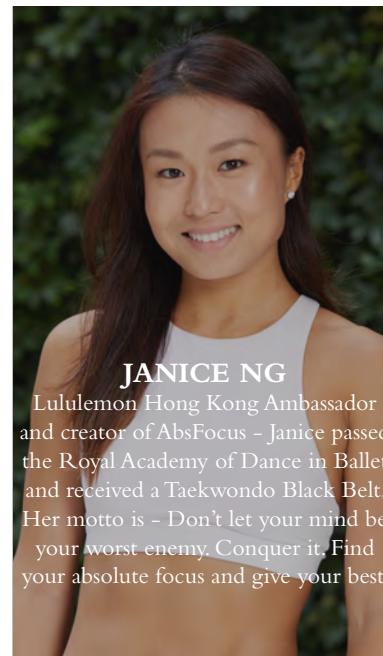
GONI JUNG

Wellness has always been a central part of Goni's philosophy. She aims to help you realise where your light shines and work with them on sharing that with the world.



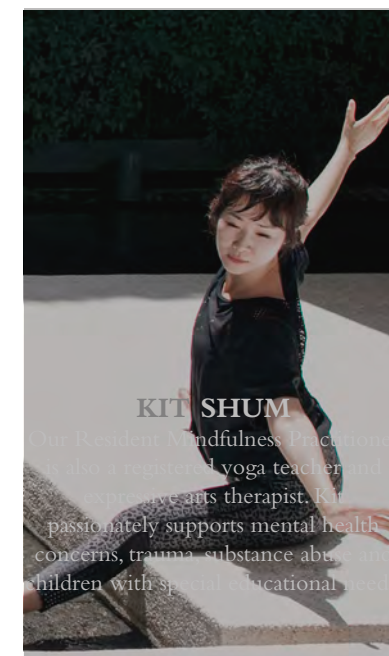
JONATHAN SPIGNER

Jonathan trained at the South Carolina Governor's School of Arts and Humanities and at Académie Princesse Grace in Monte Carlo. He joined Hong Kong Ballet and was named Soloist in 2021. He assumed the additional role of Pilates Instructor for HKB in 2017.



JANICE NG

Lululemon Hong Kong Ambassador and creator of AbsFocus - Janice passed the Royal Academy of Dance in Ballet and received a Taekwondo Black Belt. Her motto is - Don't let your mind be your worst enemy. Conquer it. Find your absolute focus and give your best.



KIT SHUM

Our Resident Mindfulness Practitioner is also a registered yoga teacher and expressive arts therapist. Kit passionately supports mental health concerns, trauma, substance abuse and children with special educational needs.



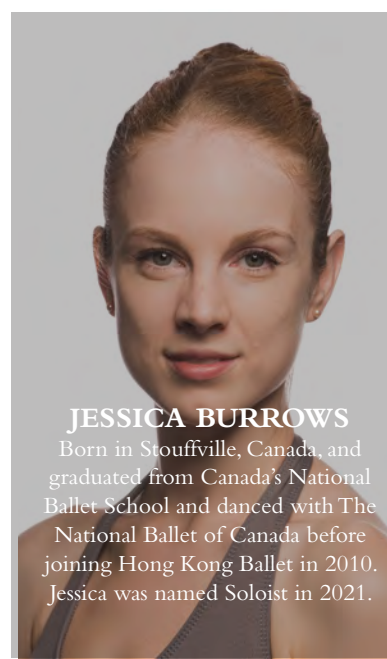
ACTON MCKENLEY

A competitive powerlifter representing Hong Kong and a former Hong Kong Cobras American football player. Acton focuses on strength and conditioning and body recomposition, he has an expertise in nutrition, and strength programming.



TRICIA YAP

Former MMA fighter and founder of Limitless Health, Tricia Yap, focuses on optimal strength and conditioning. Tricia Yap is the founder of Limitless, Hong Kong's premier functional medicine and fitness concept that integrates functional medicine, health coaching and personal training alongside empowerment through education.



JESSICA BURROWS

Born in Stouffville, Canada, and graduated from Canada's National Ballet School and danced with The National Ballet of Canada before joining Hong Kong Ballet in 2010. Jessica was named Soloist in 2021.



KYLE LIN

Kyle became an apprentice with Columbia Classical Ballet and later graduated on full scholarship from The Hong Kong Academy for Performing Arts. Kyle joined Hong Kong Ballet as a Corps de Ballet member in 2017.

A man with dark hair, wearing a grey tank top and dark shorts, is performing a yoga pose on a grey mat. He is in a low, wide stance with his hands on the floor, looking directly at the camera with a smile. His legs are bent and crossed in front of him. He is wearing a silver chain bracelet on his left wrist and a rainbow-colored watch on his right wrist. A white towel is folded on the floor to his left. The background is a light-colored wall with vertical lines.

THE CLASSES

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ASAYA ACTIVE | CLASS DESCRIPTION

ABS FOCUS | Janice

Absolute Focus is a Pilates-inspired training class – We often long for perfect, shapely abs. Learn to master intricate movements that can be done at home!

BARRE-FIT | Jessica Burrows

A cardio flow workout distinguished from other group fitness activities by its use of the ballet barre and its incorporation of movements derived from ballet. These classical dance movements and positions are combined with those drawn from pilates, strength training and yoga.

BOXING | Tricia

Incorporates coordination and neural drills to warm up, get into a few drills with attack, and defense, and then some fun sparring simulation.

CALISTHENICS | Tee

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.

CORE CONDITIONING | Terry

Exercises working on control of the core muscles and balance. Learn how to engage the core and keep a neutral back while exercising.

DANCING SPINE | Kyle

Our spine is part of the axial skeleton which is the first developing bones when we were growing up. Let's take a chance to explore our body again even dance with it! Just like when we were a baby.

DYNAMIC STRETCH | Utah

Stretch while you're moving - This is a relaxing yet functional flexibility workout that lengthens major muscle groups and increase range of motion.

EMPOWERED FLOW | Victor

Immerse yourself in Empowered Flow – a vinyasa-style yoga practice to promote strength and relaxation while conquering fear, as a key to long-term health and wellbeing combining yoga, core conditioning, calisthenics and arm balances. This complete system of practice strengthens the body, mind and spirit. Guide your body to flow like water but with control.

EBB AND FLOW | Siena

Unfold your busy week with a Friday evening sunset flow wrapped up with fun transitions curated to lift your heart and ease your mind. Welcomed to all levels!

FLOW YOGA | Meagan

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.

HYBRID FOUNDATIONS | David

Whether you're a gym-novice or a beginner to weight-training, Hybrid Foundations is the perfect introduction to your fitness journey.

MAT PILATES | Jon | Dennis

Learn how Pilates is a great form of low impact exercise to help strengthen your core muscles, improve your posture and awareness of breathing. Helping keep you flexible and mobile so that you are set for life!

ASAYA ACTIVE | CLASS DESCRIPTION

MORNING YOGA | Meagan

Stretch and strengthen, bring energy to the body and rejuvenate the nervous system to kick start your day. Student will learn about connecting the body and mind with the purpose of increasing awareness and stability.

MUSCLE SPRINT | Terry

Combines resistance exercises with periods on the treadmill. Interval training at it's most effective. Develops muscle and cardio stamina all in the one class.

POI DANCE | Kit

Poi is a form of dance, where weights on the ends of tethers are swung through rhythmical patterns. Ideal for anyone looking for a dynamic and engaging physical activity that is less intense than martial arts or competitive sports.

QIGONG FLOW | Bernard

Bernard Kwan will lead you through basic Qigong movements and controlled breathings to raise awareness of your own sensitivity to energy and promote deep relaxation. Tune in to the power of energy within the body in this powerful, movement based class that helps harness your inner 'chi' to achieve peace, strength and balance.

STRENGTH AND POWER | Terry

Increase overall body strength with the use of gym weights and body weight. These compound exercises help promote increased muscle power and explosive force. You will also be taught how to lift properly and safely.

RHYTHMS OF LATIN AMERICA | Luis

Learn salsa, merengue, bachata and if you are up to it some samba. The class is fun to learn and sweat with a diverse playlist to stimulate your senses.

SCULPT & TONE | Terry| Acton

These body part-specific workouts will make you move, look and feel better by increased "time under tension" and a focus on perfecting movement mechanics. It's a fun workout to create shape and structure in key muscle groups.

STRETCH & GROW | Victor

A technique-focused class to explore the body's basic movement patterns with tiered levels of difficulty based on individual abilities. Guiding you through strength, cardiovascular, and core training for a fun full-body workout.

SILK FAN DANCE | Kit

The silk fan dance has been a part of China's heritage for over two thousand years. Considered to be an ancient form of folk dance, the fan dance is pretty and artistic

TRX | Terry

Designed to increase your strength, flexibility, mobility, endurance & core stability using the TRX suspension kit that leverages gravity and the user's body weight to complete exercises.

URBAN CARDIO DANCE | Utah

Not a dancer? No problem. This fun, easy-to-follow dance class allows anybody with rhythm to enjoy catching the beat.

VINYASA BLISS | Meagan

Connect to your body by lighting up your yoga practice with Vinyasa Bliss. This mind-body sequence will not only strengthen and open your body, but also empower you to magnify your limits to revitalize you during the day.

YIN FOR RECOVERY | Tee

Relax, restore, and rejuvenate your physical and mental state with a calming yoga practice. Learn tips and tricks to harness your breath and anatomy to help you fall deeper into each pose safely.



THE SCHEDULE

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A-TEAM | AUGUST 15 TO 21

| MONDAY 15 | TUESDAY 16 | WEDNESDAY 17 | THURSDAY 18 | FRIDAY 19 | SATURDAY 20 | SUNDAY 21 |
|---|---|---|---|---|--|---|
| Morning Flow (45)* <i>Meagan</i> 7:30 a.m. Harbour Studio | Sculpt & Tone (45)* <i>Acton</i> 7:30 a.m. Harbour Studio | Morning Flow (45)* <i>Meagan</i> 7:30 a.m. Harbour Studio | Cardio Ignite (45)* <i>Acton</i> 7:30 a.m. Harbour Studio | TRX (45)* <i>Terry</i> 7:30 a.m. Harbour Studio | AbsFocus (45)* <i>Janice</i> 10 a.m. Harbour Studio | Strength & Power (45)* <i>Terry</i> 10 a.m. Fitness Centre |
| Qigong Flow (45) <i>Bernard</i> 10 a.m. Harbour Studio | Vinyasa Bliss (45) <i>Meagan</i> 10 a.m. Harbour Studio | Vinyasa Bliss (45) <i>Meagan</i> 10 a.m. Harbour Studio | Mat Pilates (45) <i>Dennis</i> 11 a.m. Harbour Studio | Cardio Ignite (45) <i>Terry</i> 10 a.m. Harbour Studio | Urban Cardio Dance (45)* <i>Utah</i> 11 a.m. Harbour Studio | Core Conditioning (45)* <i>Terry</i> 11 a.m. Fitness Centre |
| Mat Pilates (45) <i>Dennis</i> 12 noon Harbour Studio | Cardio Ignite (45) <i>Acton</i> 12 noon Fitness Centre | Silk Fan Dance (45) <i>Kit</i> 12 p.m. Harbour Studio | Stretch & Grow (45) <i>Victor</i> 12 noon Harbour Studio | Aerobic Attack (45) <i>Terry</i> 12 noon Fitness Centre | Dynamic Stretch (45)* <i>Utah</i> 12 noon Harbour Studio | |
| Hatha Yoga (45) <i>Dennis</i> 1 p.m. Harbour Studio | Empowered Flow (45) <i>Victor</i> 1 p.m. Harbour Studio | Empowered Flow (45) <i>Victor</i> 1 p.m. Harbour Studio | Empowered Flow (45) <i>Victor</i> 1 p.m. Harbour Studio | Silk Fan Dance (45) <i>Kit</i> 1 p.m. Harbour Studio | Calisthenics (45)* <i>Tee</i> 3 p.m. Fitness Centre | Muscle Sprint (45)* <i>Terry</i> 3 p.m. Fitness Centre |
| Strength & Power (45) <i>Terry</i> 5:30 p.m. Fitness Centre | Muscle Sprint (45) <i>Terry</i> 5:30 p.m. Fitness Centre | | | | Yin for Recovery (45)* <i>Tee</i> 4:30 p.m. Harbour Studio | Sculpt & Tone (45)* <i>Acton</i> 4:30 p.m. Fitness Centre |
| AbsFocus (45)* <i>Janice</i> 6:30 p.m. Harbour Studio | Rhythms of Latin America (45) * <i>Luis</i> 6:30 p.m. Harbour Studio | Stretching (45) * <i>Kit</i> 6:30 p.m. Harbour Studio | Singing Bowl (45)* <i>Kit</i> 6:30 p.m. Harbour Studio | Ebb and Flow (45) * <i>Siena</i> 6:30 p.m. Harbour Studio | TRX (45) <i>Terry</i> 5:30 p.m. Harbour Studio | Cardio Ignite (45) <i>Acton</i> 5:30 p.m. Fitness Centre |

Terms and Conditions: Classes complimentary for Asaya Members and Rosewood Hotel Guests. Reservations Required.

*Class incurs an additional HKD150 for Rosewood Hotel Guests.

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A-TEAM | AUGUST 22 TO 28

| MONDAY 22 | TUESDAY 23 | WEDNESDAY 24 | THURSDAY 25 | FRIDAY 26 | SATURDAY 27 | SUNDAY 28 |
|---|---|---|---|---|--|---|
| Morning Flow (45)* <i>Meagan</i> 7:30 a.m. Harbour Studio | Sculpt & Tone (45)* <i>Acton</i> 7:30 a.m. Harbour Studio | Morning Flow (45)* <i>Meagan</i> 7:30 a.m. Harbour Studio | Cardio Ignite (45)* <i>Acton</i> 7:30 a.m. Harbour Studio | TRX (45)* <i>Terry</i> 7:30 a.m. Harbour Studio | AbsFocus (45)* <i>Janice</i> 10 a.m. Harbour Studio | Strength & Power (45)* <i>Terry</i> 10 a.m. Fitness Centre |
| Qigong Flow (45) <i>Bernard</i> 10 a.m. Harbour Studio | Vinyasa Bliss (45) <i>Meagan</i> 10 a.m. Harbour Studio | Vinyasa Bliss (45) <i>Meagan</i> 10 a.m. Harbour Studio | Mat Pilates (45) <i>Dennis</i> 11 a.m. Harbour Studio | Muscle Sprint (45) <i>Terry</i> 10 a.m. Fitness Centre | Urban Cardio Dance (45)* <i>Utah</i> 11 a.m. Harbour Studio | Core Conditioning (45)* <i>Terry</i> 11 a.m. Fitness Centre |
| Mat Pilates (45) <i>Dennis</i> 12 noon Harbour Studio | Cardio Ignite (45) <i>Acton</i> 12 noon Fitness Centre | Silk Fan Dance (45) <i>Kit</i> 12 noon Harbour Studio | Stretch & Grow (45) <i>Victor</i> 12 noon Harbour Studio | Cardio Ignite (45) <i>Terry</i> 12 noon Fitness Centre | Dynamic Stretch (45)* <i>Utah</i> 12 noon Harbour Studio | |
| Hatha Yoga (45) <i>Dennis</i> 1 p.m. Harbour Studio | Empowered Flow (45) <i>Victor</i> 1 p.m. Harbour Studio | Empowered Flow (45) <i>Victor</i> 1 p.m. Harbour Studio | Empowered Flow (45) <i>Victor</i> 1 p.m. Harbour Studio | Poi Dance (45) <i>Kit</i> 1 p.m. Harbour Studio | Calisthenics (45)* <i>Tee</i> 3 p.m. Fitness Centre | Muscle Sprint (45)* <i>Terry</i> 3 p.m. Fitness Centre |
| Aerobic Attack (45) <i>Terry</i> 5:30 p.m. Fitness Centre | Muscle Sprint (45) <i>Terry</i> 5:30 p.m. Fitness Centre | | | | Yin for Recovery (45)* <i>Tee</i> 4:30 p.m. Harbour Studio | Sculpt & Tone (45)* <i>Acton</i> 4:30 p.m. Fitness Centre |
| Dancing Spine (45)* <i>Kyle</i> 7 p.m. Harbour Studio | TRX (45) * <i>Terry</i> 6:30 p.m. Harbour Studio | Stretching (45)* <i>Kit</i> 6:30 p.m. Harbour Studio | Singing Bowl (45)* <i>Kit</i> 6:30 p.m. Harbour Studio | Ebb and Flow (45) * <i>Siena</i> 6:30 p.m. Harbour Studio | TRX (45) <i>Terry</i> 5:30 p.m. Harbour Studio | Cardio Ignite (45) <i>Acton</i> 5:30 p.m. Fitness Centre |

Terms and Conditions: Classes complimentary for Asaya Members and Rosewood Hotel Guests. Reservations Required.

*Class incurs an additional HKD150 for Rosewood Hotel Guests.

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A-TEAM | AUGUST 29 TO SEPTEMBER 4

| MONDAY 29 | TUESDAY 30 | WEDNESDAY 31 | THURSDAY 1 | FRIDAY 2 | SATURDAY 3 | SUNDAY 4 |
|---|--|---|---|--|--|---|
| Morning Flow (45)* <i>Meagan</i> 7:30 a.m. Harbour Studio | Sculpt & Tone (45) <i>Acton</i> 7:30 a.m. Fitness Centre | Morning Flow (45)* <i>Meagan</i> 7:30 a.m. Harbour Studio | Cardio Ignite (45)* <i>Acton</i> 7:30 a.m. Fitness Centre | Aerobic Attack (45)* <i>Terry</i> 7:30 a.m. Fitness Centre | AbsFocus (45)* <i>Janice</i> 10 a.m. Harbour Studio | Strength & Power (45)* <i>Terry</i> 10 a.m. Fitness Centre |
| Qigong Flow (45) <i>Bernard</i> 10 a.m. Harbour Studio | Vinyasa Bliss (45) <i>Meagan</i> 10 a.m. Harbour Studio | Vinyasa Bliss (45) <i>Meagan</i> 10 a.m. Harbour Studio | Mat Pilates (45) <i>Dennis</i> 11 a.m. Harbour Studio | TRX (45) <i>Terry</i> 10 a.m. Harbour Studio | Urban Cardio Dance (45)* <i>Utah</i> 11 a.m. Harbour Studio | Core Conditioning (45)* <i>Terry</i> 11 a.m. Fitness Centre |
| Mat Pilates (45) <i>Dennis</i> 12 noon Harbour Studio | Cardio Ignite (45) <i>Acton</i> 12 noon Fitness Centre | Silk Fan Dance (45) <i>Kit</i> 12 noon Harbour Studio | Stretch & Grow (45) <i>Victor</i> 12 noon Harbour Studio | Cardio Ignite (45) <i>Terry</i> 12 noon Fitness Centre | Dynamic Stretch (45)* <i>Utah</i> 12 noon Harbour Studio | |
| Hatha Yoga (45) <i>Dennis</i> 1 p.m. Harbour Studio | Empowered Flow (45) <i>Victor</i> 1 p.m. Harbour Studio | Empowered Flow (45) <i>Victor</i> 1 p.m. Harbour Studio | Empowered Flow (45) <i>Victor</i> 1 p.m. Harbour Studio | Poi Dance (45) <i>Kit</i> 1 p.m. Harbour Studio | Calisthenics (45)* <i>Tee</i> 3 p.m. Fitness Centre | Muscle Sprint (45)* <i>Terry</i> 3 p.m. Fitness Centre |
| Aerobic Attack (45) <i>Terry</i> 5:30 p.m. Fitness Centre | Strength & Power (45) <i>Terry</i> 5:30 p.m. Fitness Centre | | | | Yin for Recovery (45)* <i>Tee</i> 4:30 p.m. Harbour Studio | Sculpt & Tone (45)* <i>Acton</i> 4:30 p.m. Fitness Centre |
| AbsFocus (45)* <i>Janice</i> 6:30 p.m. Harbour Studio | | Stretching (45)* <i>Kit</i> 6:30 p.m. Harbour Studio | Singing Bowl (45)* <i>Kit</i> 6:30 p.m. Harbour Studio | Ebb and Flow (45)* <i>Siena</i> 6:30 p.m. Harbour Studio | TRX (45) <i>Terry</i> 5:30 p.m. Harbour Studio | Cardio Ignite (45) <i>Acton</i> 5:30 p.m. Fitness Centre |

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*Class incurs an additional HKD150 for Rosewood Hotel Guests.

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A-TEAM | SEPTEMBER 5 TO SEPTEMBER 11

| MONDAY 5 | TUESDAY 6 | WEDNESDAY 7 | THURSDAY 8 | FRIDAY 9 | SATURDAY 10 | SUNDAY 11 |
|---|---|---|---|--|---|---|
| Morning Flow (45)* <i>Meagan 7:30 a.m.</i> Harbour Studio | Core Conditioning (45)* <i>Terry 7:30 a.m.</i> Fitness Centre | Morning Flow (45)* <i>Meagan 7:30 a.m.</i> Harbour Studio | Cardio Ignite (45)* <i>Acton 7:30 a.m.</i> Fitness Centre | Aerobic Attack (45)* <i>Terry 7:30 a.m.</i> Fitness Centre | AbsFocus (45)* <i>Janice 10 a.m.</i> Harbour Studio | Cardio Ignite (45)* <i>Terry 10 a.m.</i> Fitness Centre |
| Qigong Flow (45) <i>Bernard 10 a.m.</i> Harbour Studio | Vinyasa Bliss (45) <i>Meagan 10 a.m.</i> Harbour Studio | Vinyasa Bliss (45) <i>Meagan 10 a.m.</i> Harbour Studio | Mat Pilates (45) <i>Dennis 11 a.m.</i> Harbour Studio | TRX (45) <i>Terry 10 a.m.</i> Harbour Studio | Urban Cardio Dance (45)* <i>Utah 11 a.m.</i> Harbour Studio | Core Conditioning (45)* <i>Terry 11 a.m.</i> Fitness Centre |
| Mat Pilates (45) <i>Dennis 12 noon</i> Harbour Studio | Cardio Ignite (45) <i>Acton 12 noon</i> Fitness Centre | Silk Fan Dance (45) <i>Kit 12 noon</i> Harbour Studio | Boxing (45) <i>Tricia 12 noon</i> Harbour Studio | Cardio Ignite (45) <i>Terry 12:30 p.m.</i> Fitness Centre | Dynamic Stretch (45)* <i>Utah 12 noon</i> Harbour Studio | |
| Hatha Yoga (45) <i>Dennis 1 p.m.</i> Harbour Studio | Empowered Flow (45) <i>Victor 1 p.m.</i> Harbour Studio | Empowered Flow (45) <i>Victor 1 p.m.</i> Harbour Studio | Empowered Flow (45) <i>Victor 1 p.m.</i> Harbour Studio | Poi Dance (45) <i>Kit 1 p.m.</i> Harbour Studio | Calisthenics (45)* <i>Tee 3 p.m.</i> Fitness Centre | Muscle Sprint (45)* <i>Terry 3 p.m.</i> Fitness Centre |
| Aerobic Attack (45) <i>Terry 5:30 p.m.</i> Fitness Centre | TRX (45) <i>Terry 4:30 p.m.</i> Harbour Studio | | | | Yin for Recovery (45)* <i>Tee 4:30 p.m.</i> Harbour Studio | Sculpt & Tone (45)* <i>Acton 4:30 p.m.</i> Fitness Centre |
| Dancing Spine (45)* <i>Kyle 7 p.m.</i> Harbour Studio | Mat Pilates (45)* <i>Jon 6:30 p.m.</i> Harbour Studio | Stretching (45)* <i>Kit 6:30 p.m.</i> Harbour Studio | Barre Fit (45)* <i>Jessica 6:30 p.m.</i> Harbour Studio | Ebb and Flow (45)* <i>Siena 6:30 p.m.</i> Harbour Studio | TRX (45) <i>Terry 5:30 p.m.</i> Harbour Studio | Cardio Ignite (45) <i>Acton 5:30 p.m.</i> Fitness Centre |

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*Class incurs an additional HKD150 for Rosewood Hotel Guests.

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ASAYA A-TEAM 2-MONTH MEMBERSHIP

Inclusions:

Explore Asaya's services with over 300 expert-led well-being classes with the A-Team from 15 August-15 October, unlimited access to the Fitness Centre, as well as the swimming pool and Asaya Kitchen.

Complimentary 60-minute Personal Fitness Consultation

Complimentary 60-minute Naturopathy Consultation

60-minute treatment with an Asaya Resident Practitioner or therapist

Body Composition Testing and Functional Fitness Assessment.

Enjoy additional benefits including:

Shoe locker, 10% savings on wellness services
and 50% savings on laundering of fitness attire.

HKD 12,850

ASAYA A-TEAM CLASS PASS

Inclusions:

Explore Asaya with the A-Team with a convenient Class Pass for 10-classes to allow you to drop in.

HKD 4,080

ASAYA A-TEAM SINGLE CLASS PASS

Inclusions:

For the ultimate in ease and convenience for the exclusive duration of A-Team, enjoy A-Team drop-in classes at a per class rate.

HKD 480

BOOK OR ENQUIRE NOW

+852 3891 8588 | hongkong.asaya@rosewoodhotels.com

Terms and Conditions

All purchases are final, non-refundable and non-transferable. Asaya retains the right to amend the class schedule at any time. Please give us 12 hours' advance notice if you cannot attend the pre-booked class so that we can release your booking to waitlisted participants. If the Typhoon Signal No.8 (or above) or Black Rainstorm Signal is in force by the Hong Kong Observatory before Asaya opening hours, the classes will be cancelled. Once the signals have been lowered, classes will resume within two hours. Asaya reserves the final right to interpret and/or amend, all terms and conditions mentioned above, with or without advanced notice.

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