



Personal Training Programme

Get a head-start on your fitness goals with our highly-qualified Personal Trainers as an add-on to your Asaya membership.

Personal Training | Membership Add-On Rates

Single Session | HKD 1,380

Series of 10 Sessions | HKD 1,250 per session

Series of 30 Sessions | HKD 1,000 per session

Series of 50 Sessions | HKD 850 per session

Find Out More



Personal Trainers



Terry Burge

Blood Flow Restriction Training (BFRT)
Naturopathic treatment
High-Intensity Training (HIIT)



Adrianna Chau

Muscle Building
Weight loss
Strength training
Stretching
Endurance and mobility



Cyrus Cheng

TRX Suspension-training
Muscle Building
Weight loss
Endurance and mobility