



WELLNESS CLASSES

asaya

July 2025

Designed for the committed fitness enthusiast,
Asaya 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

Wellness Classes July 1 - 6

	TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4	SATURDAY 5	SUNDAY 6
	7:30 am Strengthen & Stretch Rainbow Harbour Studio	7:30 am Get Lean Nesta Fitness Centre	7:30 am Hatha Yoga Kit Harbour Studio	7:30 am Sculpt & Tone Acton Fitness Centre	8:30 am Hatha Yoga Kit Harbour Studio	7:30 am Morning Yoga Kit Harbour Studio
	8:30 am Pranayama & Meditation Rainbow Harbour Studio	8:30 am Cardio Ignite Nesta Fitness Centre	8:30 am Wheel Yoga Kit Harbour Studio		9:30 am Silk Fan Dance Kit Harbour Studio	8:30 am Wheel Yoga Kit Harbour Studio
	12 pm Yin Yoga Janet Harbour Studio	12 pm Hatha Yoga Ankie Harbour Studio	12 pm Mat Pilates (Beginners)) Cobe Harbour Studio	12 pm Yogalates Ankie Harbour Studio	2 pm Heart Opening Flow Yoga Janet Harbour Studio	10 am Hatha Yoga Janet Harbour Studio
	1 pm Slow Flow Yoga Janet Harbour Studio	1 pm Restorative Yoga Ankie Harbour Studio	1 pm Mat Pilates (Intermediate) Cobe Harbour Studio	1 pm Restorative Yoga Ankie Harbour Studio	3 pm Yin Yoga Janet Harbour Studio	11 am Slow Flow Yoga Healing Janet Harbour Studio
	6 pm Vinyasa Bliss Kit Harbour Studio	6 pm Heart Opening Flow Yoga Janet Harbour Studio	6 pm Ying Yang Yoga Janet Harbour Studio	6 pm Stretching Kit Harbour Studio	4 pm Sculpt & Tone Acton Fitness Centre	4 pm Sculpt & Tone Acton Fitness Centre
	7 pm Relax & Restore Kit Harbour Studio	7 pm Yin Yoga Janet Harbour Studio	7 pm Mindful Stretch & Energy Janet Harbour Studio	7 pm Sound Healing Kit Harbour Studio	5 pm Cardio Ignite Acton Fitness Centre	5 pm Cardio Ignite Acton Fitness Centre

Terms and Conditions:

- Maximum capacity of 7 guests per class.
- Complimentary classes for Asaya Members of Rosewood Hong Kong.
- Advanced reservation is required.

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45 minutes for each Section

Wellness Classes July 7 - 13

MONDAY 7	TUESDAY 8	WEDNESDAY 9	THURSDAY 10	FRIDAY 11	SATURDAY 12	SUNDAY 13
7:30 am Get Lean Nesta Fitness Centre	7:30 am Hatha Yoga Kit Harbour Studio	7:30 am Get Lean Nesta Fitness Centre	7:30 am Flow Yoga Meagan Harbour Studio	7:30 am Vinyasa Bliss Meagan Harbour Studio	8:30 am Sunrise Yoga Kit Asaya Swimming Pool side	7:30 am Morning Yoga Kit Harbour Studio
8:30 am Cardio Ignite Nesta Fitness Centre	8:30 am Wheel Yoga Kit Harbour Studio	8:30 am Cardio Ignite Nesta Fitness Centre	8:30 am Relax & Restore Meagan Harbour Studio	8:30 am Aqua Yoga Meagan (Swimsuit is Required) Asaya Swimming Pool	9:30 am Silk Fan Dance Kit Harbour Studio	8:30 am Wheel Yoga Kit Harbour Studio
12 pm Heart Opening Flow Yoga Janet Harbour Studio	12 pm Tai Chi Bernard Harbour Studio	12 pm Hatha Yoga Ankie Harbour Studio	12 pm Mat Pilates (Beginners)) Cobe Harbour Studio	12 pm Yogalates Ankie Harbour Studio		10 am Flow and Tone Rainbow Harbour Studio
1 pm Yin Yoga Janet Harbour Studio	1 pm Qigong Bernard Harbour Studio	1 pm Restorative Yoga Ankie Harbour Studio	1 pm Mat Pilates (Intermediate) Cobe Harbour Studio	1 pm Restorative Yoga Ankie Harbour Studio		11 am Pranayama & Meditation Rainbow Harbour Studio
6 pm ABS & Butt Pilates & Reformer for Intermediate Cobe Social house	5 pm Yin Yoga Janet Harbour Studio	6 pm Flow and Tone Rainbow Harbour Studio		6 pm Stretching Kit Harbour Studio	4 pm Sculpt & Tone Acton Fitness Centre	4 pm / 5 pm Sculpt & Tone / Cardio Ignite Acton Fitness Centre
7 pm Full body Pilates & Reformer for Intermediate Cobe Social house	6 pm Heart Opening Flow Yoga Janet Harbour Studio	7 pm Pranayama & Meditation Rainbow Harbour Studio		7 pm Expressive Art Kit Harbour Studio	5 pm Cardio Ignite Acton Fitness Centre	6:30pm – 8pm (90) Full Moon Yoga Rainbow Asaya Swimming Pool side

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45 minutes for each Section, Full Moon Yoga 90 mins.
"Full Moon Yoga" Fee : \$380 for Asaya Members, in house guests , Residence Guests and Carlyle and Co Members , \$580 + 10% For Public

Wellness Classes July 14 - 20

MONDAY 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18	SATURDAY 19	SUNDAY 20
7:30 am Get Lean Nesta Fitness Centre	7:30 am Relax & Restore Meagan Harbour Studio	7:30 am Hatha Yoga Kit Harbour Studio	7:30 am Morning Yoga Kit Harbour Studio	7:30 am Sunrise Yoga Meagan Asaya Swimming Pool side	8:30 am Strengthen & Stretch Rainbow Harbour Studio	7:30 am Alignment Yoga Rainbow Harbour Studio
8:30 am Cardio Ignite Nesta Fitness Centre	8:30 am Aqua Yoga Meagan (Swimsuit is Required) Asaya Swimming Pool	8:30 am Wheel Yoga Kit Harbour Studio	8:30 am Relax & Restore Kit Harbour Studio	8:30 am Relax & Restore Meagan Harbour Studio	9:30 am Breathwork & Meditation Rainbow Harbour Studio	8:30 am Yin Yoga & Reiki Healing Rainbow Harbour Studio
12 pm Hatha Yoga Kit Harbour Studio	12 pm Tai Chi Bernard Harbour Studio	12 pm Flow Yoga Meagan Harbour Studio	12 pm Mat Pilates (Beginners)) Cobe Harbour Studio	12 pm Stretching Kit Harbour Studio	10:30 am Stretching Kit Harbour Studio	10 am Wheel Yoga Kit Harbour Studio
1pm Silk Fan Dance Kit Harbour Studio	1pm Qigong Bernard Harbour Studio	1pm Relax & Restore Meagan Harbour Studio	1pm Mat Pilates (Intermediate) Cobe Harbour Studio	1pm Sound Healing Kit Harbour Studio	11:30 am Expressive Art Kit Harbour Studio	11 am Hypnosis Kit Harbour Studio
6 pm ABS & Butt Pilates & Reformer for Intermediate Cobe Social house	6 pm ABS & Butt Pilates & Reformer for Intermediate Cobe Social house	6 pm Strengthen & Stretch Rainbow Harbour Studio	6 pm Alignment Yoga Rainbow Harbour Studio	6 pm Flow and Tone Rainbow Harbour Studio	4 pm Sculpt & Tone Acton Fitness Centre	4 pm Sculpt & Tone Acton Fitness Centre
7 pm Full body Pilates & Reformer for Intermediate Cobe Social house	7 pm Full body Pilates & Reformer for Intermediate Cobe Social house	7 pm Breathwork & Meditation Rainbow Harbour Studio	7 pm Yin Yoga & Reiki Healing Rainbow Harbour Studio	7 pm Pranayama & Meditation Rainbow Harbour Studio	5 pm Cardio Ignite Acton Fitness Centre	5 pm Cardio Ignite Acton Fitness Centre

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45 minutes for each Section

Wellness Classes July 21 - 27

MONDAY 21	TUESDAY 22	WEDNESDAY 23	THURSDAY 24	FRIDAY 25	SATURDAY 26	SUNDAY 27
7:30 am Hatha Yoga Kit Harbour Studio	7:30 am Relax & Restore Meagan Harbour Studio	7:30 am Get Lean Nesta Fitness Centre	7:30 am Sunrise Yoga Kit Asaya Swimming Pool side	7:30 am Sculpt & Tone Acton Fitness Centre	8:30 am Strengthen & Stretch Rainbow Harbour Studio	7:30 am Alignment Yoga Rainbow Social house
8:30 am Wheel Yoga Kit Harbour Studio	8:30 am Aqua Yoga Meagan (Swimsuit is Required) Asaya Swimming Pool	8:30 am Cardio Ignite Nesta Fitness Centre	8:30 am Sound Healing Kit Harbour Studio	8:30 am Relax & Restore Meagan Harbour Studio	9:30 am Breathwork & Meditation Rainbow Harbour Studio	8:30 am Yin Yoga & Reiki Healing Rainbow Social house
12 pm Hatha Yoga Meagan Harbour Studio	12 pm Tai Chi Bernard Harbour Studio	12 pm Hatha Yoga Meagan Harbour Studio	12 pm Mat Pilates (Beginners)) Cobe Harbour Studio	12 pm Yogalates Ankie Harbour Studio	12 pm Heart Opening Flow Yoga Janet Harbour Studio	10 am Hatha Yoga Janet Social house
1 pm Flow Yoga Meagan Harbour Studio	1 pm Qigong Bernard Harbour Studio	1 pm Flow Yoga Meagan Harbour Studio	1 pm Mat Pilates (Intermediate) Cobe Harbour Studio	1 pm Restorative Yoga Ankie Harbour Studio	1 pm Yin Yoga Janet Harbour Studio	11 am Slow Flow Yoga Janet Social house
6 pm ABS & Butt Pilates & Reformer for Intermediate Cobe Social house	6 pm Power Yoga Rainbow Harbour Studio	6 pm Yin Yoga Janet Harbour Studio	6 pm Alignment Yoga Rainbow Harbour Studio	6 pm Yin Yang Yoga Janet Harbour Studio	4 pm Stretching Kit Harbour Studio	4 pm Sculpt & Tone Acton Fitness Centre
7 pm Full body Pilates & Reformer for Intermediate Cobe Social house	7 pm Breathwork & Meditation Rainbow Harbour Studio	7 pm Stretch & Sound Janet Harbour Studio	7 pm Yin Yoga & Reiki Healing Rainbow Harbour Studio	7 pm Mindful & Energy Healing Janet Harbour Studio	5 pm Meditation Kit Harbour Studio	5 pm Cardio Ignite Acton Fitness Centre

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45 minutes for each Section

Wellness Classes July 28 - 31

MONDAY 28	TUESDAY 29	WEDNESDAY 30	THURSDAY 31
7:30 am Sunrise Yoga Kit Asaya Swimming Pool side	7:30 am Relax & Restore Meagan Harbour Studio	7:30 am Get Lean Nesta Fitness Centre	7:30 am Hatha Yoga Kit Harbour Studio
8:30 am Silk Fan Dance Kit Harbour Studio	8:30 am Aqua Yoga Meagan (Swimsuit is Required) Asaya Swimming Pool	8:30 am Cardio Ignite Nesta Fitness Centre	8:30 am Wheel Yoga Kit Harbour Studio
12 pm Hatha Yoga Meagan Harbour Studio	12 pm Tai Chi Bernard Harbour Studio	12 pm Yin Yoga Janet Harbour Studio	12 pm Mat Pilates (Beginners)) Cobe Harbour Studio
1 pm Flow Yoga Meagan Harbour Studio	1 pm Qigong Bernard Harbour Studio	1 pm Stretch & Sound Janet Harbour Studio	1 pm Mat Pilates (Intermediate) Cobe Harbour Studio
6 pm ABS & Butt Pilates & Reformer for Intermediate Cobe Social house	5 pm Hatha Yoga Janet Harbour Studio	6 pm Flow and Tone Rainbow Harbour Studio	6 pm Strengthen & Stretch Rainbow Harbour Studio
7 pm Full body Pilates & Reformer for Intermediate Cobe Social house	6 pm Slow Flow Yoga Janet Harbour Studio	7 pm Pranayama & Meditation Rainbow Harbour Studio	7pm Breathwork & Meditation Rainbow Harbour Studio

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WELLNESS CLASSES DESCRIPTION

AQUA YOGA (Available in summer)

Begin your day by immersing yourself at our outdoor infinity pool to breathe, stretch and meditate. With the buoyancy and pressure of water that provides support to yoga postures and enhance stability and achieve deeper stretches. An aquatic experience incorporates with principles of yoga to accommodate people of all lever of practitioners.

MORNING YOGA

Morning Yoga is a perfect way to start your day by seamlessly integrating breath and movement in a mindful manner. It offers the benefits of relieving muscle tension, alleviating joint pain, and fostering a harmonious connection between the body and mind. This class serves as a gentle yet effective transition between dynamic flow and static poses. Suitable for beginners, individuals with injuries or limited mobility, or those who prefer a more gentle approach to yoga.

FLOW YOGA

"Flow Yoga" is a type of energetic yoga that features fun and upbeat music, as well as sandbag punching and kicking. It incorporates a dynamic sequence of postures, which helps to dissolve bodily tension while building integrated and flexible strength. The consistent flow of movement in this type of yoga makes it a unique and invigorating experience.

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.

YIN YANG YOGA

This class offers a perfect combination of slower, grounding practice and dynamic, energetic practice, providing the best of both worlds in one session. Suitable for all levels.

RESTORATIVE YOGA

Restorative yoga enables deep relaxation as you holding poses for longer periods of time with the help of props to completely support you. The main focus of Restorative Yoga is that by relaxing in poses, with the aid of props, without strain or pain, we can achieve physical, mental and emotional relaxation.





WELLNESS CLASSES DESCRIPTION

ALIGNMENT YOGA

Discover the precision and alignment-focused approach of Lyengar Yoga, which uses props to support proper posture and deepen the practice. Lyengar Yoga helps improve body awareness, correct imbalances, and promotes physical and mental harmony.

YIN YOGA AND REIKI HEALING

Find deep relaxation through slow-paced movements and longer-held poses that target the connective tissues and promote flexibility. Yin Yoga helps release tension and enhances mindfulness, allowing you to find balance and rejuvenation. With the healing touch of Reiki energy revitalizes your energetically body. Immerse yourself in the perfect harmony of mind, body, and soul, and leave feeling completely renewed and restored.

HEART OPENING FLOW YOGA

We have seven energy centers. Each energy center represents different energy we dedicate in life. This class focuses on the heart energy center. Through heart opening poses, breath work and meditation, you will leave the class with openness around your heart, as well as the shoulders and upper back area.

RELAX & RESTORE

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

YIN YOGA

is to slow down movements and turn inwardly to reach the deep connective tissues of the body. You can expect this sort of yoga to hold poses for longer amounts of time. You can also expect pairing breathing exercises while stretching muscles that rarely gain attention.

POWER YOGA

delivers a high-energy, fitness-focused practice that builds strength and flexibility through flowing movements synchronized with breath. This dynamic style combines challenging pose sequences with core work and upper body conditioning, creating an intense workout that builds internal heat and improves endurance. Fast-paced and adaptable, each power yoga session offers unique sequences that keep both body and mind engaged while developing physical power and mental focus.

WELLNESS CLASSES DESCRIPTION

HATHA YOGA

Experience bliss with Hatha Glow sequences designed to boost your mood and restore balance to the mind and body. You will flow through a creative and graceful movement focused on soothing the shoulders, hips, back and other tight areas that stress often manifested. Prepare to walk out from the mat feeling rejuvenated, reset, relax and glowing from inside out.

YOGALATES

This class features a combination of yoga asanas with Pilates principles. The practice is focused on postures and exercises that strengthen the core of the body, promote stability and proper posture. Some pranayama, chanting and meditation may be included.

MAT PILATES

It is resulted in the inclusion of modern principles of exercise science, fascial fitness and spinal rehabilitation, making it one of the safest and most effective methods available. It helps both men and women of all ages develop optimal strength, flexibility, endurance and posture, without building bulk or stressing joints. The perfect complement to cardiovascular exercise, athletic training or rehabilitation, it can help you tone your body, feel revitalized and move with ease.

REFORMER PILATES FOR BEGINNERS

Reformer Pilates provides a full-body workout that can help develop a strong core and tone a variety of major muscle groups. Reformer Pilates can support a strong core, promote flexibility and realign the body and spine, which can result in tremendous improvements in postural alignment. Suitable for all levels.

ABS & BUTT PILATES REFORMER FOR INTERMEDIATE

Abs and butt Pilates is an effective way to tone and strengthen the core and glute muscles. It is suitable for intermediate and advanced fitness levels and can be adapted to meet individual needs and goals. Regular practice can lead to a stronger, more balanced body.

FULL BODY PILATES REFORMER FOR INTERMEDIATE

Full body Pilates is a comprehensive workout method that engages multiple muscle groups simultaneously. It combines strength, flexibility, and endurance training, promoting overall body awareness and control.





WELLNESS CLASSES DESCRIPTION

STRENGTHEN & STRETCH

This class combines Pilates technique stretching with Animal Flow style strength training to improve flexibility, range of motion, strength, and endurance. Suitable for all fitness levels. Come join us for a workout that will leave you feeling strong, flexible, and energized!

STRETCHING

Make an improvement to the way the body functions by increasing ranges of movement of the joints. Simple relaxing positions are held to make the muscles more flexible and resilient.

SOUND HEALING

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

STRETCH & SOUND

Sound healing is one of the most effective ways to bring yourself back to a state of homeostasis, balance, and bliss by using frequency waves to directly tune your vibrational states. Start the session with mellow stretch to open up our body and mind, then rest, rejuvenate, and find your bliss as you bathe yourself in healing sounds.

SILK FAN DANCE

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.

EXPRESSIVE ARTS

This psychotherapy employs the creative arts as a form of therapy, including dance/movement, art, drama, music, poetry and psychodrama. Expressive therapists share the belief that through creative expression and the tapping of the imagination, people can examine and heal their body, feelings, emotions and thought processes.

HYPNOSIS

can help you improve intimacy, reduce anxiety and stress, or manage chronic pain and insomnia through the power of hypnosis.

WELLNESS CLASSES DESCRIPTION

TAI CHI

In this class, our instructor will guide you through basic Tai Chi movements and practice meditation in movement. Come join us to learn this ancient art. Suitable for all levels

QIGONG

In this class, our instructor will guide you through basic Qigong movements and controlled breathing exercises to raise your awareness of your own sensitivity to energy. Suitable for all levels.

PRANAYAMA & MEDITATION

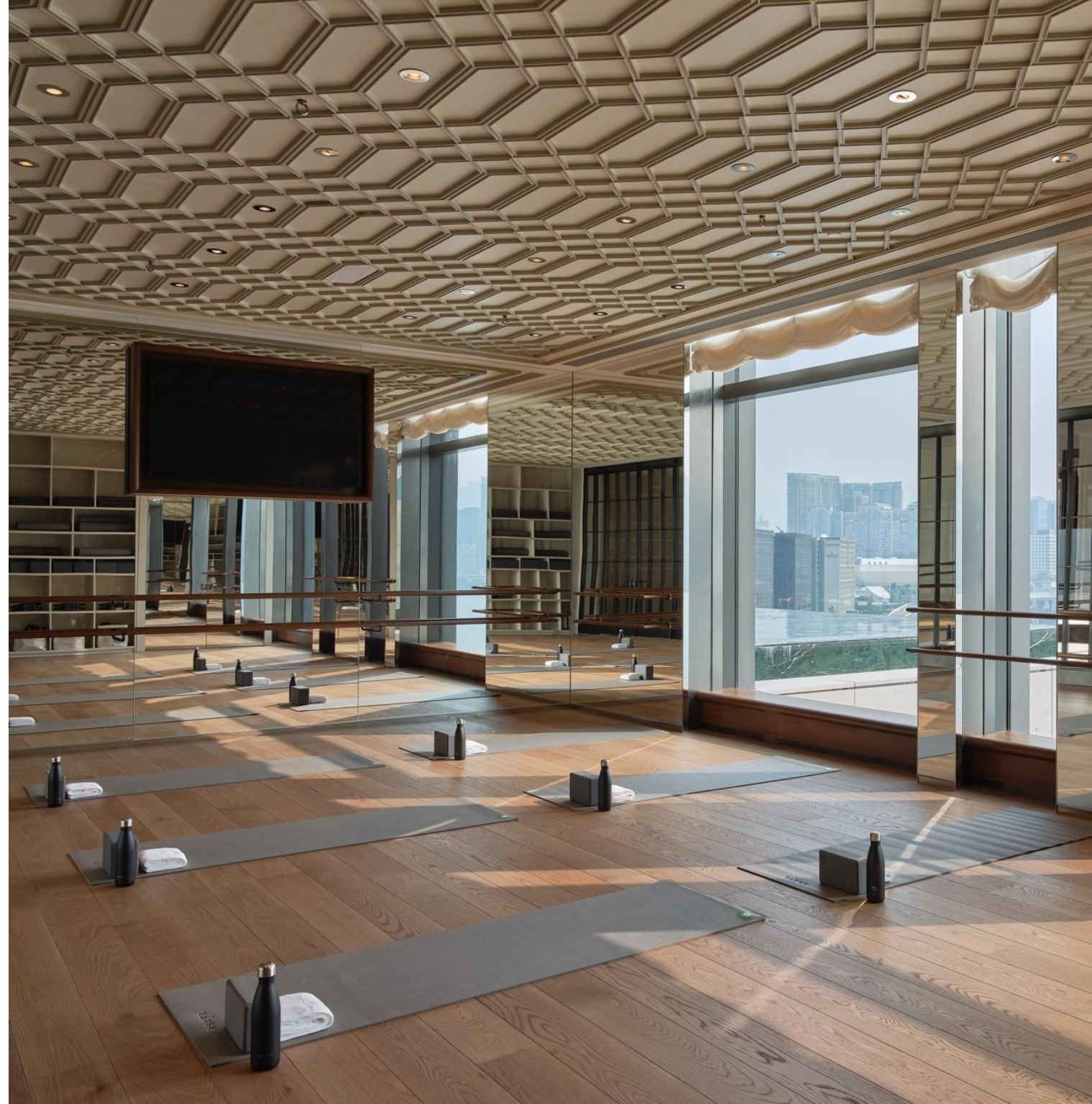
Pranayama is the practice of breath control. This class introduces yogic breathing and concentration exercises that lead students to a meditative state.

MINDFUL STRETCH & ENERGY HEALING

The class consists of mindful stretched which helps with easing tightened up tensions, and self energy healing guided by certified reiki practitioner.

ASTROLOGY

We'll show you how the wisdom of the stars can help in real-life situations. Join us to learn the secrets of astrology and see how it can guide you in your personal and professional life.





WELLNESS CLASSES DESCRIPTION

FLOW AND TONE

is a dynamic mindful movement class that combines flowing sequences with strength-building exercises to tone and sculpt the body. This class is designed to help improve flexibility, build lean muscle, and increase stamina. Each session focuses on synchronizing movement with breath to create a balanced mind-body connection.

CORE CONDITIONING

Exercises working on control of the core muscles and balance. Learn how to engage the core and keep a neutral back while exercising. **SIT UPS NOT INCLUDED!**

METABOLIC CONDITIONING

Metabolic conditioning, or "metcon," is a high-intensity fitness class that combines strength training and cardio exercises in a circuit format. It aims to improve energy efficiency, boost metabolism, and enhance overall fitness through varied movements that elevate the heart rate. Participants can expect a challenging and dynamic workout.

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.

GET LEAN

Sculpt, tone, get lean and strong in this resistance training and cardio class. You can expect a full body workout that will burn calories! Suitable for all levels.

CARDIO IGNITE

Interval training that incorporates both cardio and resistance exercises.

ABS AND GLUTES

Abs is focusing on building a 6 pack and core control ,
Glutes, will be focusing on building legs and glutes strength

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