



WELLNESS CLASSES

asaya

March 2024

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 March 1 - 3

				FRIDAY 1	SATURDAY 2	SUNDAY 3
				Sculpt & Tone (45) Acton 7:30 a.m. Fitness Centre	Strength & Stretch (45) Adrianna 8 a.m. Fitness Centre	Sound Healing (45) Kit 9 a.m. Harbour Studio
				Cardio Ignite (45) Cyrus 9 a.m. Fitness Centre	Sound Healing (45) Kit 9 a.m. Harbour Studio	Meditation (45) Kit 10 a.m. Harbour Studio
				Vinyasa Bliss (45) Meagan 1 p.m. Harbour Studio	Yin Yang Yoga (45) Kit 10 a.m. Harbour Studio	Yin Yang Yoga (45) Janet 11 a.m. Harbour Studio
				Flow Yoga (45) Meagan 2 p.m. Harbour Studio	Funky Kickboxing (45) Adrianna 3 p.m. Fitness Centre	Stretch & Sound (45) Janet 12 nn Harbour Studio
				Get Lean (45) Tricia 5:30 p.m. Fitness Centre	Sculpt & Tone (45) Acton 4 p.m. Fitness Centre	Cardio Ignite (45) Acton 4 p.m. Fitness Centre
					Cardio Ignite (45) Acton 5 p.m. Fitness Centre	Sculpt & Tone (45) Acton 5 p.m. Fitness Centre

Terms and Conditions:

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

Wellness Classes March 4 - 10

MONDAY 4	TUESDAY 5	WEDNESDAY 6	THURSDAY 7	FRIDAY 8	SATURDAY 9	SUNDAY 10
Sculpt & Tone (45) Acton 7:30 a.m. Fitness Centre	Morning Yoga (45) Meagan 7:30 a.m. Asaya Pool Deck	Cardio Ignite (45) Acton 7:30 a.m. Fitness Centre	Flow Yoga (45) Meagan 8 a.m. Asaya Pool Deck	Sculpt & Tone (45) Acton 7:30 a.m. Fitness Centre	Cardio Ignite (45) Cyrus 8 a.m. Fitness Centre	Sound Healing (45) Kit 9 a.m. Harbour Studio
Stretching (45) Adrianna 9 a.m. Harbour Studio	Flow Yoga (45) Meagan 8:30 a.m. Harbour Studio	Kettlebell Club (45) Adrianna 9 a.m. Fitness Centre	Vinyassa Bliss (45) Meagan 9 a.m. Harbour Studio	Cardio Ignite (45) Cyrus 9 a.m. Fitness Centre	Get Lean (45) Cyrus 3 p.m. Fitness Centre	Silk Fan Dance (45) Kit 10 a.m. Harbour Studio
Hatha Yoga (45) Ankie 12 nn Harbour Studio	Restorative Yoga (45) Ankie 11 a.m. Harbour Studio	Mediation (45) Kit 1 p.m. Harbour Studio	Expressive Arts (45) Kit 12 nn Harbour Studio	Vinyasa Bliss (45) Dennis 12 nn Harbour Studio	Cardio Ignite (45) Acton 4 p.m. Fitness Centre	Heart Opening Flow (45) Janet 11 a.m. Harbour Studio
Vinyasa Bliss (45) Ankie 1 p.m. Harbour Studio	Hatha Yoga (45) Ankie 12nn Harbour Studio	Silk Fan Dance (45) Kit 2 p.m. Harbour Studio	Sound Healing (45) Kit 1 p.m. Harbour Studio	Mat Pilates (45) Dennis 1 p.m. Harbour Studio	Sculpt & Tone (45) Acton 5 p.m. Fitness Centre	Stretch & Sound (45) Janet 12nn Harbour Studio
Yin Yang Yoga (45) Janet 6 p.m. Harbour Studio	Cardio Ignite (45) Cyrus 5 p.m. Fitness Centre	Relax & Restore (45) Janet 6 p.m. Harbour Studio	Movement Lab (45) Adrianna 2 p.m. Fitness Centre	Desk Detox (45) Adrianna 2 p.m. Harbour Studio		Sculpt & Tone (45) Acton 4 p.m. Fitness Centre
Relax & Restore (45) Janet 7 p.m. Harbour Studio	Stretch & Sound (45) Janet 6 p.m. Harbour Studio	Heart Opening Flow (45) Janet 7 p.m. Harbour Studio	Stretching (45) Adrianna 3 p.m. Harbour Studio	Get Lean (45) Tricia 5:30 p.m. Fitness Centre		Cardio Ignite (45) Acton 5 p.m. Harbour Studio

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Wellness Classes March 11 - 17

MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15	SATURDAY 16	SUNDAY 17
Sculpt & Tone (45) Acton 7:30 a.m. Fitness Centre	Morning Yoga (45) Meagan 7:30 a.m. Asaya Pool Deck	Cardio Ignite (45) Acton 7:30 a.m. Fitness Centre	Morning Yoga (45) Meagan 7:30 a.m. Harbour Studio	Sculpt & Tone (45) Acton 7:30 a.m. Fitness Centre	Mediation (45) Kit 9 a.m. Harbour Studio	Sound Healing (45) Kit 9 a.m. Urban Garden
Movement Lab (45) Adrianna 9 a.m. Fitness Centre	Flow Yoga (45) Meagan 8:30 a.m. Harbour Studio	Yin Yang Yoga (45) Janet 12 nn Harbour Studio	Flow Yoga (45) Meagan 8:30 a.m. Harbour Studio	Get Lean (45) Cyrus 9 a.m. Fitness Centre	Sound Healing (45) Kit 10 a.m. Harbour Studio	Silk Fan Dance (45) Kit 10 a.m. Harbour Studio
Silk Fan Dance (45) Kit 12 nn Harbour Studio	Hatha Yoga (45) Ankie 12nn Harbour Studio	Stretch & Sound (45) Janet 1 p.m. Harbour Studio	Yin Yang Yoga (45) Ankie 1 p.m. Harbour Studio	Mat Pilates (45) Dennis 12 nn Harbour Studio	Get Lean (45) Cyrus 3 p.m. Fitness Centre	Heart Opening Flow (45) Janet 11 a.m. Harbour Studio
Sound Healing (45) Kit 1 p.m Harbour Studio	Restorative Yoga (45) Ankie 1 p.m. Harbour Studio	Kettlebell Club (45) Adrianna 3 p.m. Fitness Centre	Vinyasa Bliss (45) Ankie 2 p.m. Harbour Studio	Vinyasa Bliss (45) Dennis 1 p.m. Harbour Studio	Sculpt & Tone (45) Acton 4 p.m. Fitness Centre	Yin Yang Yoga (45) Janet 12 nn Harbour Studio
Relax & Restore (45) Janet 5 p.m. Harbour Studio	Cardio Ignite (45) Cyrus 4 p.m. Fitness Centre	Sculpt & Tone (45) Adrianna 4 p.m. Fitness Centre	Funky Kickboxing (45) Adrianna 4 p.m. Fitness Centre	Cardio Ignite (45) Adrianna 4 p.m. Fitness Centre	Cardio Ignite (45) Acton 5 p.m. Fitness Centre	Cardio Ignite (45) Acton 4 p.m. Fitness Centre
Stretch & Sound (45) Janet 6 p.m. Harbour Studio	Get Lean (45) Cyrus 5 p.m. Fitness Centre	Stretching (45) Adrianna 5 p.m. Harbour Studio	Desk Detox (45) Adrianna 5 p.m. Harbour Studio	Stretching (45) Adrianna 5 p.m. Harbour Studio		Sculpt & Tone (45) Acton 5 p.m. Fitness Centre

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Wellness Classes March 18-24

MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22	SATURDAY 23	SUNDAY 24
Sculpt & Tone (45) Acton 7:30 a.m. Fitness Centre	Morning Yoga (45) Meagan 7:30 a.m. Harbour Studio	Cardio Ignite (45) Acton 7:30 a.m. Fitness Centre	Morning Yoga (45) Meagan 7:30 a.m. Harbour Studio	Sculpt & Tone (45) Acton 7:30 a.m. Fitness Centre	Cardio Ignite (45) Cyrus 8 a.m. Fitness Centre	Meditation (45) Kit 9 a.m. Harbour Studio
Stretching (45) Adrianna 9 a.m. Fitness Centre	Flow Yoga (45) Meagan 8:30 a.m. Harbour Studio	Movement Lab (45) Adrianna 9 a.m. Fitness Centre	Flow Yoga (45) Meagan 8:30 a.m. Harbour Studio	Cardio Ignite (45) Cyrus 9 a.m. Fitness Centre	Get Lean (45) Cyrus 3 p.m. Fitness Centre	Sound Healing (45) Kit 10 a.m. Harbour Studio
Sound Healing (45) Kit 12 nn Harbour Studio	Yin Yang Yoga (45) Kit 12 nn Harbour Studio	Restorative Yoga (45) Ankie 1 p.m. Harbour Studio	Vinyasa Bliss (45) Ankie 1 p.m. Harbour Studio	Vinyasa Bliss (45) Dennis 12 nn Harbour Studio	Sculpt & Tone (45) Acton 4 p.m. Fitness Centre	Relax & Restore (45) Janet 11 a.m. Harbour Studio
Meditation (45) Kit 1 p.m. Harbour Studio	Sound Healing (45) Kit 1 p.m. Harbour Studio	Hatha Yoga (45) Ankie 2 p.m. Harbour Studio	Yin Yang Yoga (45) Ankie 2 p.m. Harbour Studio	Mat Pilates (45) Dennis 1 p.m. Harbour Studio	Cardio Ignite (45) Acton 5 p.m. Fitness Centre	Yin Yang Yoga (45) Janet 12 nn Harbour Studio
Relax & Restore (45) Janet 6 p.m. Harbour Studio	Cardio Ignite (45) Cyrus 4 p.m. Fitness Centre	Stretching (45) Adrianna 3 p.m. Harbour Studio	Kettlebell Club (45) Adrianna 3 p.m. Fitness Centre	Get Lean (45) Tricia 5:30 p.m. Fitness Centre		Cardio Ignite (45) Acton 4 p.m. Fitness Centre
Yin Yang Yoga (45) Janet 7 p.m. Harbour Studio	Get Lean (45) Cyrus 5 p.m. Harbour Studio			Desk Detox (45) Adrianna 7 p.m. Harbour Studio		Sculpt & Tone (45) Acton 5 p.m. Fitness Centre

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Wellness Classes March 25-31

MONDAY 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY 29	SATURDAY 30	SUNDAY 31
Sculpt & Tone (45) Acton 7:30 a.m. Fitness Centre	Morning Yoga (45) Meagan 7:30 a.m. Harbour Studio	Sculpt & Tone (45) Acton 7:30 a.m. Fitness Centre	Morning Yoga (45) Meagan 7:30 a.m. Harbour Studio	Sculpt & Tone (45) Acton 7:30 a.m. Fitness Centre	Get Lean (45) Cyrus 8 a.m. Fitness Centre	Stretching (45) Adrianna 8 a.m. Harbour Studio
Movement Lab (45) Adrianna 9 a.m. Fitness Centre	Flow Yoga (45) Meagan 8:30 a.m. Harbour Studio	Sound Healing (45) Kit 9 a.m. Urban Garden	Flow Yoga (45) Meagan 8:30 a.m. Harbour Studio	Vinyasa Bliss (45) Meagan 8:30 a.m. Harbour Studio	Cardio Ignite (45) Cyrus 3 p.m. Fitness Centre	Heart Opening Flow (45) Janet 11 a.m. Harbour Studio
Restorative Yoga (45) Ankie 12 nn Harbour Studio	Qigong Meditation (45) Bernard 1 p.m. Harbour Studio	Silk Fan Dance (45) Kit 10 a.m. Harbour Studio	Restorative Yoga (45) Ankie 1 p.m. Harbour Studio	Restorative Yoga (45) Ankie 1 p.m. Harbour Studio	Sculpt & Tone (45) Acton 4 p.m. Fitness Centre	Relax & Restore (45) Janet 12 nn Harbour Studio
Vinyasa Bliss (45) Ankie 1 p.m. Harbour Studio	Cardio Ignite (45) Cyrus 2 p.m. Fitness Centre	Strength & Stretch (45) Adrianna 1 p.m. Harbour Studio	Hatha Yoga (45) Ankie 2 p.m. Harbour Studio	Yin Yang Yoga (45) Ankie 2 p.m. Harbour Studio	Cardio Ignite (45) Acton 5 p.m. Fitness Centre	Cardio Ignite (45) Acton 4 p.m. Fitness Centre
Stretching (45) Adrianna 2 p.m. Harbour Studio	Get Lean (45) Cyrus 3 p.m. Fitness Centre	Desk Detox (45) Adrianna 2 p.m. Harbour Studio	Stretching (45) Adrianna 4 p.m. Harbour Studio	Stretch & Sound (45) Janet 5 p.m. Harbour Studio		Sculpt & Tone (45) Acton 5 p.m. Fitness Centre
Get Lean (45) Tricia 6:30 p.m. Fitness Centre	Cardio Ignite (45) Cyrus 6 p.m. Fitness Centre	Get Lean (45) Cyrus 5 p.m. Fitness Centre	Sculpt & Tone (45) Adrianna 5 p.m. Fitness Centre	Heart Opening Flow (45) Janet 6 p.m. 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

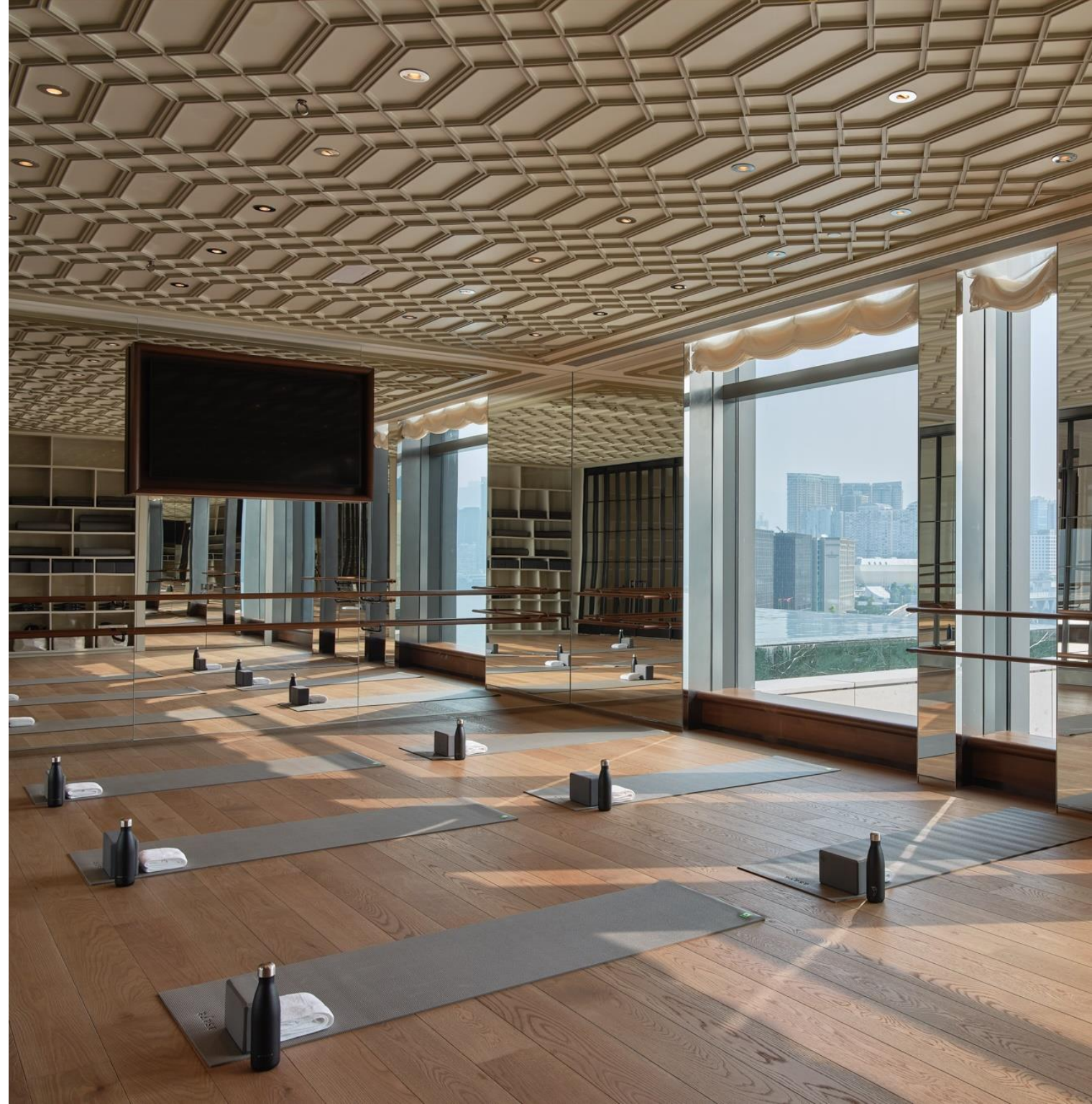
This mind-body sequence will not only strengthen and open your body, but also empower you to magnify your limits to help you revitalize the day.

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

DESK DETOX

Focused to stretch and relaxation, relieving discomfort caused by poor daily habits, work stress, long-term poor standing or sitting posture.

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.

HEART OPENING FLOW

We have seven energy centres. Each energy centre represents different energy we dedicate in life. This class focuses on the heart energy centre. Through heart opening poses, breathwork 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.

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.

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.

KETTLEBELL CLUB

With well-designed kettlebell movements to build cardio, strength and mobility through Every Movement On Every Minute.

WELLNESS CLASSES DESCRIPTION

MOVEMENT LAB

Explore your joint mobility through series of dynamic stretches to increase range of motion.

MUSCLE SPRINT

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

TRX

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

CARDIO IGNITE

Interval training that incorporates both cardio and resistance exercises. All levels of fitness are catered for in this class.

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!

FUNKY KICKBOXING

Consists of fun and upbeat music, sandbag punching and kicking that make your daily interval trainings more entertaining.

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.

STRENGTH & POWER

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.





WELLNESS CLASSES DESCRIPTION

STRENGTH & 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.

QIGONG MEDITATION

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.

asaya

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