



## WELL-BEING CLASSES

asaya

*June 2022*

Designed for the committed fitness enthusiast, Asaya Active 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*

## ASAYA ACTIVE | JUNE 1 TO 5

MONDAY	TUESDAY	WEDNESDAY 1	THURSDAY 2	FRIDAY 3	SATURDAY 4	SUNDAY 5
		HIIT (45) <i>Acton</i>   7:30 a.m. Fitness Centre	HIIT (45) <i>Acton</i>   7:30 a.m. Fitness Centre	Sculpt & Tone (45) <i>Terry</i>   7:30 a.m. Fitness Centre	TRX (45) <i>Terry</i>   7:30 a.m. Harbour Studio	Abs Focus (45) <i>Terry</i>   10 a.m. Fitness Centre
		Cardio Ignite (45) <i>Terry</i>   11 a.m. Fitness Centre	Mat Pilates (45) <i>Dennis</i>   11 a.m. Harbour Studio	TRX (45) <i>Terry</i>   11 a.m. Harbour Studio	Cardio Ignite (45) <i>Terry</i>   11 a.m. Fitness Centre	HIIT (45) <i>Terry</i>   12 noon Fitness Centre
		Hatha Yoga (45) <i>Meagan</i>   3 p.m. Harbour Studio	Hatha Yoga (45) <i>Meagan</i>   3 p.m. Harbour Studio	Abs Conditioning (45) <i>Terry</i>   3 p.m. Fitness Centre	HIIT (45) <i>Quentin</i>   3 p.m. Fitness Centre	TRX (45) <i>Terry</i>   3 p.m. Harbour Studio
			Cardio Ignite (45) <i>Quentin</i>   5 p.m. Fitness Centre		Mat Pilates (45) <i>Dennis</i>   5 p.m. Harbour Studio	Cardio Ignite (45) <i>Terry</i>   5 p.m. Fitness Centre
		TRX (45) <i>Terry</i>   7 p.m. Harbour Studio		Mat Pilates (45) <i>Dennis</i>   7 p.m. Harbour Studio		

**Health and Safety:**

All guests are required to use the LeaveHomeSafe app and share their Vaccination QR code for scanning and recording upon arrival. Facemasks must be worn at all times.

**Terms and Conditions:**

Maximum capacity of 6 guests per class  
Classes complimentary for Asaya Members and Rosewood Hotel Guests. Reservations Required.

# ASAYA ACTIVE | JUNE 6 TO 12

MONDAY 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10	SATURDAY 11	SUNDAY 12
Morning Flow (45) <i>Meagan</i>   7:30 a.m. Harbour Studio	HIIT (45) <i>Acton</i>   7:30 a.m. Fitness Centre	Cardio Ignite (45) <i>Acton</i>   7:30 a.m. Fitness Centre	Morning Flow (45) <i>Dennis</i>   7:30 a.m. Harbour Studio	Sculpt & Tone (45) <i>Terry</i>   7:30 a.m. Fitness Centre	HIIT (45) <i>Terry</i>   7:30 a.m. Fitness Centre	TRX (45) <i>Terry</i>   10 a.m. Harbour Studio
Cardio Ignite (45) <i>Terry</i>   11 a.m. Fitness Centre	Abs Conditioning (45) <i>Terry</i>   11 a.m. Fitness Centre	TRX (45) <i>Quentin</i>   11a.m. Harbour Studio	Mat Pilates (45) <i>Dennis</i>   11 a.m. Harbour Studio	HIIT (45) <i>Terry</i>   11 a.m. Fitness Centre	Cardio Ignite (45) <i>Terry</i>   11 a.m. Fitness Centre	HIIT (45) <i>Terry</i>   12 noon Fitness Centre
Mat Pilates (45) <i>Dennis</i>   3 p.m. Harbour Studio	Vinyasa Bliss (45) <i>Meagan</i>   3 p.m. Harbour Studio	Hatha Yoga (45) <i>Meagan</i>   3 p.m. Harbour Studio	Hatha Yoga (45) <i>Meagan</i>   3 p.m. Harbour Studio	TRX (45) <i>Terry</i>   3 p.m. Harbour Studio	TRX (45) <i>Terry</i>   3 p.m. Harbour Studio	Sculpt & Tone (45) <i>Terry</i>   3 p.m. Fitness Centre
			TRX (45) <i>Quentin</i>   5 p.m. Harbour Studio		Mat Pilates (45) <i>Dennis</i>   5 p.m. Harbour Studio	Abs Conditioning (45) <i>Terry</i>   5 p.m. Fitness Centre
TRX (45) <i>Terry</i>   7 p.m. Harbour Studio	TRX (45) <i>Terry</i>   7 p.m. Harbour Studio	HIIT (45) <i>Quentin</i>   7 p.m. Fitness Centre		Vinyasa Bliss (45) <i>Dennis</i>   7 p.m. Harbour Studio		

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# ASAYA ACTIVE | JUNE 13 to 19

MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17	SATURDAY 18	SUNDAY 19
Morning Flow (45) <i>Meagan</i>   7:30 a.m. Harbour Studio			Morning Flow (45) <i>Dennis</i>   7:30 a.m. Harbour Studio	HIIT (45) <i>Acton</i>   7:30 a.m. Fitness Centre	TRX (45) <i>Terry</i>   7:30 a.m. Harbour Studio	Cardio Ignite (45) <i>Terry</i>   10 a.m. Fitness Centre
Mat Pilates (45) <i>Dennis</i>   11 a.m. Harbour Studio	HIIT (45) <i>Terry</i>   11 a.m. Fitness Centre	Flow Yoga (45) <i>Meagan</i>   12 noon Harbour Studio	Mat Pilates (45) <i>Dennis</i>   11 a.m. Harbour Studio	Mat Pilates (45) <i>Dennis</i>   11 a.m. Harbour Studio	Cardio Ignite (45) <i>Terry</i>   11 a.m. Fitness Centre	HIIT (45) <i>Terry</i>   12 noon Fitness Centre
Cardio Ignite (45) <i>Terry</i>   3 p.m. Fitness Centre	Vinyasa Bliss (45) <i>Meagan</i>   3 p.m. Harbour Studio	Expressive Arts (45) <i>Kit</i>   3 p.m. Urban Garden	Hatha Yoga (45) <i>Meagan</i>   3 p.m. Harbour Studio	Hatha Yoga (45) <i>Meagan</i>   3 p.m. Harbour Studio	HIIT (45) <i>Terry</i>   3 p.m. Fitness Centre	TRX (45) <i>Terry</i>   3 p.m. Harbour Studio
			TRX (45) <i>Quentin</i>   5 p.m. Harbour Studio		Mat Pilates (45) <i>Dennis</i>   5 p.m. Harbour Studio	Sculpt & Tone (45) <i>Acton</i>   5 p.m. Fitness Centre
TRX (45) <i>Terry</i>   7 p.m. Harbour Studio	TRX (45) <i>Terry</i>   7 p.m. Harbour Studio	Sculpt & Tone (45) <i>Quentin</i>   7 p.m. Fitness Centre		TRX (45) <i>Terry</i>   7 p.m. Harbour Studio		

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## ASAYA ACTIVE | JUNE 20 TO 26

MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24	SATURDAY 25	SUNDAY 26
Morning Flow (45) <i>Meagan</i>   7:30 a.m. Harbour Studio	Cardio Ignite (45) <i>Acton</i>   7:30 a.m. Fitness Centre	Sculpt & Tone (45) <i>Acton</i>   7:30 a.m. Fitness Centre	Cardio Ignite (45) <i>Acton</i>   7:30 a.m. Fitness Centre	Sculpt & Tone (45) <i>Acton</i>   7:30 a.m. Fitness Centre	Cardio Ignite (45) <i>Terry</i>   7:30 a.m. Fitness Centre	Cardio Ignite (45) <i>Terry</i>   10 a.m. Fitness Centre
Mat Pilates (45) <i>Dennis</i>   11 a.m. Harbour Studio	Sculpt & Tone (45) <i>Terry</i>   11 a.m. Fitness Centre	Hatha Yoga (45) <i>Meagan</i>   12 noon Harbour Studio	Mat Pilates (45) <i>Dennis</i>   11 a.m. Harbour Studio	Mat Pilates (45) <i>Dennis</i>   11 a.m. Harbour Studio	Abs Conditioning (45) <i>Terry</i>   11 a.m. Fitness Centre	TRX (45) <i>Terry</i>   12 noon Harbour Studio
Abs Conditioning (45) <i>Terry</i>   3 p.m. Harbour Studio	Expressive Arts (45) <i>Kit</i>   3 p.m. Urban Garden	Vinyasa Yoga (45) <i>Meagan</i>   3 p.m. Harbour Studio	TRX (45) <i>Quentin</i>   3 p.m. Fitness Centre	Hatha Yoga (45) <i>Meagan</i>   3 p.m. Harbour Studio	HIIT (45) <i>Terry</i>   3 p.m. Fitness Centre	Abs Conditioning (45) <i>Terry</i>   3 p.m. Harbour Studio
			Hatha Yoga (45) <i>Meagan</i>   5 p.m. Harbour Studio		Mat Pilates (45) <i>Dennis</i>   5 p.m. Harbour Studio	HIIT (45) <i>Terry</i>   5 p.m. Fitness Centre
TRX (45) <i>Terry</i>   7 p.m. Harbour Studio	Abs Conditioning (45) <i>Terry</i>   7 p.m. Harbour Studio	HIIT (45) <i>Quentin</i>   7 p.m. Fitness Centre		TRX (45) <i>Terry</i>   7 p.m. Harbour Studio		

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# ASAYA ACTIVE | JUNE 27 to 30

MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30			
Morning Flow (45) <i>Meagan</i>   7:30 a.m. Harbour Studio	Cardio Ignite (45) <i>Acton</i>   7:30 a.m. Fitness Centre	Sculpt & Tone (45) <i>Acton</i>   7:30 a.m. Fitness Centre	HIIT (45) <i>Acton</i>   7:30 a.m. Fitness Centre			
Mat Pilates (45) <i>Dennis</i>   11 a.m. Harbour Studio	Abs Conditioning (45) <i>Terty</i>   11 a.m. Fitness Centre	Hatha Yoga (45) <i>Meagan</i>   12 noon Harbour Studio	Mat Pilates (45) <i>Dennis</i>   11 a.m. Harbour Studio			
Cardio Ignite (45) <i>Terry</i>   3 p.m. Harbour Studio	Hatha Yoga (45) <i>Meagan</i>   3 p.m. Harbour Studio	Expressive Arts (45) <i>Kit</i>   3 p.m. Urban Garden	Vinyasa Yoga (45) <i>Meagan</i>   3 p.m. Harbour Studio			
			Cardio Ignite (45) <i>Quentin</i>   5 p.m. Fitness Centre			
TRX (45) <i>Terry</i>   7 p.m. Harbour Studio	TRX (45) <i>Terry</i>   7 p.m. Harbour Studio	HIIT (45) <i>Quentin</i>   7 p.m. Fitness Centre				

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## 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.

### BRAIN HEALTH

Taking care of our brains is just as important. Regardless of our age, there are things we can do right now to help optimize our cognitive health and keep our brains fit as we age.

### CARDIO IGNITE

High-intensity interval training programmed with both strength and cardio based exercises to push your whole body to its limit

### DETOX MYTHS

With so much misinformation out there, it is difficult to know who and what to trust when it comes to “detoxification” and “detoxes.” Learn the facts about “detoxing” from our resident Naturopathic Doctor Tal.

### EXPRESSIVE ARTS

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.

### MORNING FLOW

Stretch and strengthen, bring energy to the body and rejuvenate the nervous system to kick start your day.

### POPULAR DIETS

With so much information out there it can be difficult to know if you're doing the right thing, learn how to choose the right foods to support your goals.

### 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.

### TRX

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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