



WELL-BEING CLASSES

asaya

October 2021

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 | OCTOBER 1 TO 3

					FRIDAY 1	SATURDAY 2	SUNDAY 3
7:30 A.M.					Morning Yoga (45) <i>Meagan</i> Harbour Studio		
10:00 A.M.					HIIT (45) <i>Terry</i> Fitness Centre	Morning Yoga (45) <i>Meagan</i> Harbour Studio	Cardio Ignite (45) <i>Terry</i> Fitness Centre
12:00 P.M.					TRX Suspension Training (45) <i>Terry</i> Harbour Studio	TRX Suspension Training (45) <i>Terry</i> Harbour Studio	HIIT (45) <i>Acton</i> Fitness Centre
3:00 P.M.					Cardio Ignite (45) <i>Terry</i> Fitness Centre	HIIT (45) <i>Terry</i> Fitness Centre	TRX Suspension Training (45) <i>Quentin</i> Harbour Studio
5:30 P.M.						Cardio Ignite (45) <i>Quentin</i> Fitness Centre	Sculpt & Tone (45) <i>Quentin</i> Fitness Centre
7:00 P.M.					Sculpt & Tone (45) <i>Terry</i> Harbour Studio	Sculpt & Tone(45) <i>Quentin</i> Fitness Centre	Sports Person's Choice (45) <i>Terry</i> Fitness Centre

Terms and Conditions: Complimentary for Asaya Members and Rosewood Hong Kong Hotel Guests. Reservations Required.

ASAYA ACTIVE | OCTOBER 4 TO 10

	MONDAY 4	TUESDAY 5	WEDNESDAY 6	THURSDAY 7	FRIDAY 8	SATURDAY 9	SUNDAY 10
7:30 A.M.	TRX Suspension Training (45) <i>Terry</i> Harbour Studio		Morning Yoga (45) <i>Goni</i> Harbour Studio	Morning Yoga (45) <i>Goni</i> Harbour Studio	Morning Yoga (45) <i>Meagan</i> Harbour Studio		
10:00 A.M.	Flow Yoga (45) <i>Goni</i> Harbour Studio	Astrology (45) <i>Kit</i> Urban Garden		Cardio Ignite (45) <i>Terry</i> Fitness Centre	TRX Suspension Training (45) <i>Terry</i> Harbour Studio	Meditation (45) <i>Meagan</i> Harbour Studio	Cardio Ignite (45) <i>Terry</i> Harbour Studio
12:00 P.M.	HIIT (45) <i>Terry</i> Fitness Centre	Cardio Ignite (45) <i>Acton</i> Fitness Centre	Expressive Arts Therapy (45) <i>Kit</i> Urban Garden	HIIT (45) <i>Acton</i> Fitness Centre	Astrology (45) <i>Kit</i> Urban Garden	TRX Suspension Training (45) <i>Terry</i> Harbour Studio	HIIT (45) <i>Acton</i> Fitness Centre
3:00 P.M.	Sculpt & Tone (45) <i>Terry</i> Fitness Centre	Expressive Arts Therapy (45) <i>Kit</i> Urban Garden	Astrology (45) <i>Kit</i> Urban Garden	Sculpt & Tone (45) <i>Terry</i> Fitness Centre	Expressive Arts Therapy (45) <i>Kit</i> Urban Garden	HIIT (45) <i>Quentin</i> Fitness Centre	Expressive Arts (45) <i>Kit</i> Urban Garden
5:30 P.M.	Vinyasa Bliss (45) <i>Meagan</i> Harbour Studio	Vinyasa Bliss (45) <i>Meagan</i> Harbour Studio	Vinyasa Bliss (45) <i>Meagan</i> Harbour Studio	Meditation (45) <i>Meagan</i> Harbour Studio	HIIT (45) <i>Terry</i> Fitness Centre	Cardio Ignite (45) <i>Quentin</i> Harbour Studio	Sculpt & Tone (45) <i>Terry</i> Fitness Centre
7:00 P.M.	Cardio Ignite (45) <i>Quentin</i> Fitness Centre	Meditation (45) <i>Meagan</i> Harbour Studio	TRX Suspension Training (45) <i>Quentin</i> Harbour Studio		Cardio Ignite (45) <i>Terry</i> Fitness Centre	Sculpt & Tone (45) <i>Terry</i> Fitness Centre	TRX Suspension Training (45) <i>Terry</i> Harbour Studio

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ASAYA ACTIVE | OCTOBER 11 TO 17

	MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15	SATURDAY 16	SUNDAY 17
7:30 A.M.	Morning Yoga (45) <i>Goni</i> Harbour Studio	Morning Yoga (45) <i>Meagan</i> Harbour Studio	Morning Yoga (45) <i>Goni</i> Harbour Studio	Morning Yoga (45) <i>Goni</i> Harbour Studio	HIIT (45) <i>Terry</i> Fitness Centre		
10:00 A.M.	TRX Suspension Training (45) <i>Terry</i> Harbour Studio	Sound Therapy (45) <i>Kit</i> Harbour Studio	Sound Therapy (45) <i>Kit</i> Harbour Studio	Cardio Ignite (45) <i>Acton</i> Fitness Centre	Cardio Ignite (45) <i>Terry</i> Harbour Studio	Meditation (45) <i>Meagan</i> Harbour Studio	TRX Suspension Training (45) <i>Terry</i> Harbour Studio
12:00 P.M.	Cardio Ignite (45) <i>Terry</i> Fitness Centre	HIIT (45) <i>Acton</i> Fitness Centre	Astrology (45) <i>Kit</i> Urban Garden	HIIT (45) <i>Acton</i> Fitness Centre	Expressive Arts Therapy (45) <i>Kit</i> Urban Garden	HIIT (45) <i>Terry</i> Fitness Centre <i>*Starts at 12:30pm</i>	Sports Person's Choice (45) <i>Terry</i> Fitness Centre
3:00 P.M.	Vinyasa Bliss (45) <i>Meagan</i> Harbour Studio	Expressive Arts Therapy (45) <i>Kit</i> Urban Garden	Vinyasa Bliss (45) <i>Meagan</i> Harbour Studio	Expressive Arts Therapy (45) <i>Kit</i> Urban Garden	Sculpt & Tone (45) <i>Terry</i> Harbour Studio	Cardio Ignite (45) <i>Acton</i> Harbour Studio	Cardio Ignite (45) <i>Quentin</i> Harbour Studio
5:30 P.M.	Sports Person's Choice (45) <i>Terry</i> Fitness Centre		Meditation (45) <i>Meagan</i> Harbour Studio	Sound Therapy (45) <i>Kit</i> Urban Garden	Vinyasa Bliss (45) <i>Meagan</i> Harbour Studio	Expressive Arts Therapy (45) <i>Kit</i> Urban Garden	Cardio Ignite (45) <i>Quentin</i> Harbour Studio
7:00 P.M.	HIIT (45) <i>Quentin</i> Harbour Studio		TRX Suspension Training (45) <i>Quentin</i> Harbour Studio	Relax & Restore Yoga (45) <i>Meagan</i> Harbour Studio	Relax & Restore Yoga (45) <i>Meagan</i> Harbour Studio	TRX Suspension Training (45) <i>Quentin</i> Harbour Studio	Stretching (45) <i>Terry</i> Harbour Studio

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ASAYA ACTIVE | OCTOBER 18 TO 24

	MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22	SATURDAY 23	SUNDAY 24
7:30 A.M.	HIIT (45) <i>Terry</i> Fitness Centre	TRX Suspension Training (45) <i>Terry</i> Harbour Studio	Morning Yoga (45) <i>Goni</i> Harbour Studio	Morning Yoga (45) <i>Goni</i> Harbour Studio	TRX Suspension Training (45) <i>Terry</i> Harbour Studio		
10:00 A.M.	Flow Yoga (45) <i>Goni</i> Harbour Studio	Cardio Ignite (45) <i>Terry</i> Fitness Centre	Astrology (45) <i>Kit</i> Urban Garden	HIIT (45) <i>Acton</i> Fitness Centre	Cardio Ignite (45) <i>Terry</i> Harbour Studio	TRX Suspension Training (45) <i>Terry</i> Harbour Studio	Sound Therapy (45) <i>Kit</i> Urban Garden
12:00 P.M.	Cardio Ignite (45) <i>Terry</i> Fitness Centre	HIIT (45) <i>Acton</i> Fitness Centre	Expressive Arts Therapy (45) <i>Kit</i> Urban Garden	Cardio Ignite (45) <i>Acton</i> Fitness Centre	HIIT (45) <i>Terry</i> Fitness Centre	Astrology (45) <i>Kit</i> Urban Garden	Cardio Ignite (45) <i>Acton</i> Fitness Centre
3:00 P.M.	Sculpt & Tone (45) <i>Terry</i> Fitness Centre	Sculpt & Tone (45) <i>Terry</i> Fitness Centre	Sound Therapy (45) <i>Kit</i> Urban Garden	Expressive Arts Therapy (45) <i>Kit</i> Urban Garden	Astrology (45) <i>Kit</i> Urban Garden	Cardio Ignite (45) <i>Quentin</i> Fitness Centre	Expressive Arts Therapy (45) <i>Kit</i> Urban Garden
5:30 P.M.	Vinyasa Bliss (45) <i>Meagan</i> Harbour Studio	Vinyasa Bliss (45) <i>Meagan</i> Harbour Studio	Vinyasa Bliss (45) <i>Meagan</i> Harbour Studio	Vinyasa Bliss (45) <i>Meagan</i> Harbour Studio	Expressive Arts Therapy (45) <i>Kit</i> Urban Garden	HIIT (45) <i>Quentin</i> Fitness Centre	TRX Suspension Training (45) <i>Quentin</i> Harbour Studio
7:00 P.M.	TRX Suspension Training (45) <i>Quentin</i> Harbour Studio	Relax & Restore Yoga (45) <i>Meagan</i> Harbour Studio	Cardio Ignite (45) <i>Quentin</i> Fitness Centre	Relax & Restore Yoga (45) <i>Meagan</i> Harbour Studio	Sound Therapy (45) <i>Kit</i> Urban Garden	Sports Person's Choice (45) <i>Terry</i> Fitness Centre	

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ASAYA ACTIVE | OCTOBER 25 TO 31

	MONDAY 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY 29	SATURDAY 30	SUNDAY 31
7:30 A.M.	Morning Yoga (45) <i>Goni</i> Harbour Studio	TRX Suspension Training (45) <i>Terry</i> Harbour Studio	HIIT (45) <i>Terry</i> Fitness Centre	Morning Yoga (45) <i>Goni</i> Harbour Studio	Morning Yoga (45) <i>Meagan</i> Harbour Studio		
10:00 A.M.	Cardio Ignite (45) <i>Terry</i> Harbour Studio	Cardio Ignite (45) <i>Terry</i> Harbour Studio	Cardio Ignite (45) <i>Terry</i> Harbour Studio	Cardio Ignite (45) <i>Acton</i> Fitness Centre	Stretching (45) <i>Kit</i> Harbour Studio	Flow Yoga (45) <i>Meagan</i> Harbour Studio	TRX Suspension Training (45) <i>Terry</i> Harbour Studio
12:00 P.M.	Stretching (45) <i>Terry</i> Fitness Centre	HIIT (45) <i>Acton</i> Fitness Centre	Astrology (45) <i>Kit</i> Urban Garden	HIIT (45) <i>Acton</i> Fitness Centre	Astrology (45) <i>Kit</i> Urban Garden	Sculpt & Tone (45) <i>Terry</i> Fitness Centre	Astrology (45) <i>Kit</i> Urban Garden
3:00 P.M.	Flow Yoga (45) <i>Meagan</i> Harbour Studio	Expressive Arts Therapy (45) <i>Kit</i> Urban Garden	Flow Yoga (45) <i>Meagan</i> Harbour Studio	Expressive Arts Therapy (45) <i>Kit</i> Urban Garden	Expressive Arts Therapy (45) <i>Kit</i> Urban Garden	HIIT (45) <i>Acton</i> Fitness Centre	Expressive Arts Therapy (45) <i>Kit</i> Urban Garden
5:30 P.M.	TRX Suspension Training (45) <i>Terry</i> Harbour Studio	Vinyasa Bliss (45) <i>Meagan</i> Harbour Studio	Vinyasa Bliss (45) <i>Meagan</i> Harbour Studio	Relax & Restore Yoga (45) <i>Meagan</i> Harbour Studio	Sound Therapy (45) <i>Kit</i> Harbour Studio	TRX Suspension Training (45) <i>Quentin</i> Harbour Studio	HIIT (45) <i>Terry</i> Harbour Studio
7:00 P.M.	HIIT (45) <i>Quentin</i> Harbour Studio	Meditation (45) <i>Meagan</i> Harbour Studio	TRX Suspension Training (45) <i>Quentin</i> Harbour Studio	Meditation (45) <i>Meagan</i> Harbour Studio	Meditation (45) <i>Kit</i> Harbour Studio	Cardio Ignite (45) <i>Quentin</i> Harbour Studio	TRX Suspension Training (45) <i>Terry</i> Harbour Studio

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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.

CALISTHENICS

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.

CARDIO IGNITE

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

EXPRESSIVE ARTS THERAPY

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.

SOUND THERAPY

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

MORNING YOGA

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

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.

SPORT'S PERSONS CHOICE

Ever wondered what makes a sportsperson great? Experience the training they do. Add a little fun and this class gives you fitness, co-ordination and mental agility.

TRX SUSPENSION TRAINING

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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