



asaya

WELLNESS CLASSES

July 2026

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 - 5

WEDNESDAY 1	THURSDAY 2	FRIDAY 3	SATURDAY 4	SUNDAY 5
7:30 am Stretching Kit	7:30 am Mobility Flow Yurany	8:30 am Core & Stretch Nesta	7:30 am Alignment Yoga Rainbow	7:30 am Burn & Breathe Rainbow
8:30 am Meditation Kit	9:30 am TRX Nesta	9:30 am Burn & Breathe Rainbow	8:30 am Yin Yoga & Reiki Healing Rainbow	8:30 am Restorative Yoga Rainbow
12:30 pm Abs & Glutes Walter	10:30 am Get Lean Nesta	10:30 am Restorative Yoga Rainbow	12:30 pm Stretching Kit	9:30 am Astrology Kit
1:30pm Metabolic Conditioning Walter		1:30 pm Pilates Mat Yurany	1:30 pm Meditation Kit	10:30 am Hypnosis Kit
6 pm Flow and Tone Rainbow	6 pm Power Yoga Rainbow	4 pm Abs & Glutes Walter	4 pm Sculpt & Tone Acton	4 pm Sculpt & Tone Acton
7 pm Deep Rest Rainbow	7 pm Breathwork & Meditation Rainbow	5 pm Metabolic Conditioning Walter	5 pm Cardio Ignite Acton	5 pm Cardio Ignite Acton

Terms and Conditions:

- \$480 for Public, \$280 for In House Guests and Residences (Subject to 10% Service charge)
- Maximum capacity of 8 guests per class
- Advanced reservation is required (Subject to availability)

asaya

 Fitness
Centre

 Harbour
Studio

Wellness Classes July 6 – 12

MONDAY 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10	SATURDAY 11	SUNDAY 12
7 am Pilates Mat (Beginner) Loretta	7 am Vinyasa Bliss Meagan	7:30am TRX Nesta	7:30 am Pilates Mat (Beginner) Jenny	7:30 am Pilates Mat (Beginner) Loretta	7:30 am Pilates Mat (Beginner) Jenny	7:30 am Stretching Kit
8 am Pilates Mat (Intermediate) Loretta	8 am Aqua Yoga Meagan	8:30 am Core & Stretch Nesta	8:30 am Stretching Jenny	8:30 am Pilates Mat (Intermediate) Loretta	8:30 am Pilates Mat (Intermediate) Jenny	8:30 am Silk Fan Dance Kit
12:30 pm Abs & Glutes Walter	12:30 pm Tai Chi Bernard	12:30 pm Vinyasa Bliss Meagan	12:30pm Metabolic Flow Yurany	12:30 pm Flow Yoga Meagan	12:30 pm Heart Opening Flow Yoga Janet	12:30 pm Flow Yoga Janet
1:30 pm Metabolic Conditioning Walter	1:30 pm Qigong Bernard	1:30pm Slow Flow Yoga Meagan		1:30 pm Relax & Restore Yoga Meagan	1:30 pm Stretch & Sound Janet	1:30 pm SounG Healing Janet
6 pm Stretching Kit	6 pm Core Focus Yoga Janet	4 pm Abs & Glutes Walter	6 pm Slow Flow Yoga Janet	6 pm Get Lean Tricia	4 pm Astrology Kit	4 pm Pilates Mat (Beginner) Jenny
7 pm Sound Healing Kit	7 pm Restorative yoga with Singing Bowl Janet	5 pm Metabolic Conditioning Walter	7 pm Core Focus Yoga Janet	7pm Metabolic Conditioning Tricia	5 pm Hypnosis Kit	5 pm Pilates Mat (Intermediate) Jenny

Terms and Conditions:

- \$480 for Public. \$280 for In House Guests and Residences (Subject to 10% Service charge)
- Maximum capacity of 8 guests per class
- Advanced reservation is required (Subject to availability)

asaya

 Fitness
Centre

 Harbour
Studio

Wellness Classes July 13 - 19

MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17	SATURDAY 18	SUNDAY 19
7 am Hatha Yoga Meagan	7 am Morning Yoga Meagan	7:30 am TRX Nesta	7:30 am Pilates Mat (Beginner) Jenny	7:30 am Pilates Mat (Beginner) Loretta	7:30 am Burn & Breathe Rainbow	7:30 am Alignment Yoga Rainbow
8 am Aqua Yoga Meagan	8 am Aqua Yoga Meagan	8:30 am Core & Stretch Nesta	8:30 am Pilates Mat (Intermediate) Jenny	8:30 am Pilates Mat (Intermediate) Loretta	8:30 am Restorative Yoga Rainbow	8:30 am Yin Yoga & Reiki Healing Rainbow
12:30 pm Abs & Glutes Walter	12:30 pm Tai Chi Bernard	12:30 pm Core Focus Yoga Janet	12:30 pm Flow Yoga Janet	12:30 pm Get Lean Nesta	12:30 pm Flow Yoga Janet	9:30 am Astrology Kit
1:30pm Metabolic Conditioning Walter	1:30 pm Qigong Bernard	1:30 pm Restorative Yoga Janet	1:30 pm Sound Healing Janet	1:30 pm TRX Nesta	1:30 pm Stretch & Sound Janet	10:30 am Sound Healing Kit
6 pm Pilates Mat (Beginner) Jenny	6 pm Power Yoga Rainbow	4 pm Abs & Glutes Walter	6 pm Alignment Yoga Rainbow	6 pm Astrology Kit	4 pm Sculpt & Tone Acton	4 pm Sculpt & Tone Acton
7 pm Stretching Jenny	7 pm Breathwork & Meditation Rainbow	5 pm Metabolic Conditioning Walter	7 pm Deep Rest Rainbow	7 pm Meditation Kit	5 pm Cardio Ignite Acton	5 pm Cardio Ignite Acton

Terms and Conditions:

- \$480 for Public, \$280 for In House Guests and Residences (Subject to 10% Service charge)
- Maximum capacity of 8 guests per class
- Advanced reservation is required (Subject to availability)

asaya



Fitness
Centre



Harbour
Studio

Wellness Classes July 20 - 26

Fitness Centre

Harbour Studio

Premium Class


MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24	SATURDAY 25	SUNDAY 26	
7 am Hatha Yoga Meagan	7 am Vinyasa Bliss Meagan	7:30 am TRX Nesta	7:30 am Pilates Mat (Beginner) Jenny	7:30 am Pilates Mat (Beginner) Loretta	8 am - 5 pm *Day Retreat by Rainbow	7:30 am Burn & Breathe Rainbow	
8 am Yin Yang Yoga Meagan	8 am Restorative Yoga Meagan	8:30 am Core & Stretch Nesta	8:30 am Pilates Mat (Intermediate) Jenny	8:30 am Pilates Mat (Intermediate) Loretta		8:30 am Restorative Yoga Rainbow	
12:30 pm Abs & Glutes Walter	12:30 pm Tai Chi Bernard	12:30 pm Flow Yoga Meagan	12:30 pm Flow into Yin Janet	12:30 pm Get Lean Nesta		9:30 am Heart Opening Flow Yoga Janet	
1:30 pm Metabolic Conditioning Walter	1:30 pm Qigong Bernard	1:30 pm Relax & Restore Yoga Meagan	1:30 pm Stretch & Sound Janet	1:30 pm TRX Nesta		10:30 am Sound Healing Janet	
6 pm Stretching Kit	6 pm Power Yoga Rainbow	4 pm Abs & Glutes Walter	6 pm Flow & Tone Rainbow	6 pm Core Focus Yoga Janet		4 pm Sculpt & Tone Acton	4 pm Sculpt & Tone Acton
7 pm Meditation Kit	7 pm Breathwork & Meditation Rainbow	5 pm Metabolic Conditioning Walter	7 pm Restorative Yoga Rainbow	7 pm Restorative Yoga Janet		5 pm Cardio Ignite Acton	5 pm Cardio Ignite Acton

Terms and Conditions:

- \$480 for Public, \$280 for In House Guests and Residences (Subject to 10% Service charge)
- Maximum capacity of 8 guests per class

asaya

Wellness Classes June 27 - 31

 Fitness Centre
  Harbour Studio
  Premium Class

MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	FRIDAY 31
7 am Flow Yoga Meagan	7 am Hatha Yoga Meagan	7:30 am TRX Nesta	7:30 am Pilates Mat (Beginner) Jenny	7:30 am Pilates Mat (Beginner) Loretta
8 am Restorative Yoga Meagan	8 am Vinyasa Bliss Meagan	8:30 am Core & Stretch Nesta	8:30 am Pilates Mat (Intermediate) Jenny	8:30 am Pilates Mat (Intermediate) Loretta
12:30 pm Abs & Glutes Walter	12:30 pm Tai Chi Bernard	12:30 pm Meditation Kit	12:30 pm Get Lean Nesta	12:30 pm Hatha Yoga Meagan
1:30 pm Metabolic Conditioning Walter	1:30 pm Qigong Bernard	1:30 pm Sound Healing Kit	1:30 pm TRX Nesta	1:30 pm Restorative Yoga Meagan
6 pm Pilates Mat (Beginner) Loretta	6 pm Alignment Yoga Rainbow	6 pm Flow & Tone Rainbow	6 pm Yin Yang Yoga Janet	6 pm Core Focus Yoga Janet
7 pm Pilates Mat (Intermediate) Loretta	7:30 pm to 9 pm *Full Moon Yoga Rainbow Harbour Studio	7:30 pm to 9 pm *Full Moon Yoga Rainbow Harbour Studio	7 pm Slow Flow Yoga Janet	7 pm Stretch & Sound Yoga Janet

Terms and Conditions:

- \$480 for Public. \$280 for In House Guests and Residences (Subject to 10% Service charge)
- Maximum capacity of 8 guests per class
- Advanced reservation is required (Subject to availability)

*Full Moon Yoga 90 mins.

\$380 for Asaya Members, In House guests;
 15% off for Residence Guests and Carlyle and Co Members,
 \$580 + 10% for Public

Energy Spin

Enjoy high-energy spinning classes overlooking Victoria Harbour, led by XYZ instructors. Each session welcomes all fitness levels and focuses on endurance, strength, and cardiovascular health. Leave each class feeling strong, fueled, and inspired.

Date: 11 & 26 July

Time: 7:00 pm – 7:45 pm

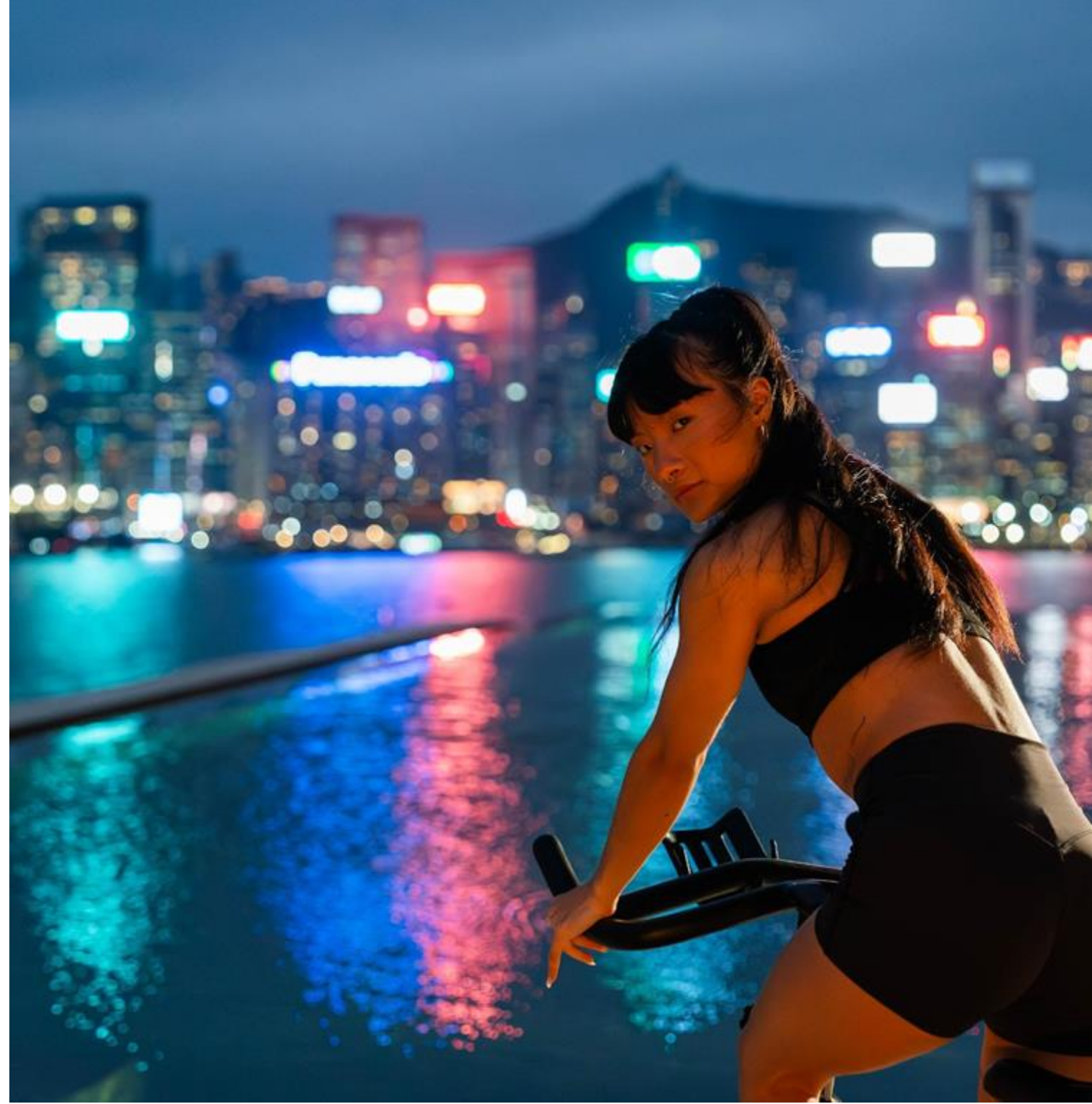
Venue: 6/F Harbour Studio

Price: \$580

\$480 for XYZ members & in-house guests;

\$380 Asaya members

(Subject to 10% Service charge)



July 1 – 19

Reformer Pilates

Wednesday, July 8

11:30 am | Pilates & Reformer for Beginners | Jenny
12:30 am | Full Body Pilates & Reformer for Intermediate | Jenny

Thursday, July 9

11 am | Pilates & Reformer for Beginners | Jenny
12 pm | Abs & Butt Pilates & Reformer for Intermediate | Jenny

Friday, July 10

11 am | Pilates & Reformer for Beginners | Jenny
12 pm | Full Body Pilates & Reformer for Intermediate | Jenny

Saturday, July 11

8 am | Pilates & Reformer for Beginners | Loretta
9 am | Full Body Pilates & Reformer for Intermediate | Loretta

Sunday, July 12

2 pm | Pilates & Reformer for Beginners | Jenny
3 pm | Abs & Butt Pilates & Reformer for Intermediate | Jenny

Monday, July 13

4 pm | Pilates & Reformer for Beginners | Jenny
5 pm | Full Body Pilates & Reformer for Intermediate | Jenny

Tuesday, July 14

4 pm | Pilates & Reformer for Beginners | Jenny
5 pm | Abs & Butt Pilates & Reformer for Intermediate | Jenny

Wednesday, July 15

1:30 pm | Pilates & Reformer for Beginners | Jenny
2:30 pm | Abs & Butt Pilates & Reformer for Intermediate | Jenny

Saturday, July 18

10:30 am | Pilates & Reformer for Beginners | Jenny
11:30 am | Full Body Pilates & Reformer for Intermediate | Jenny

Sunday, July 19

2 pm | Pilates & Reformer for Beginners | Jenny
3 pm | Abs & Butt Pilates & Reformer for Intermediate | Jenny

\$380 for Asaya members; \$580 for In-house Guests, Residence Guests and Carlyle & Co members; \$780 for public (Subject to 10% service charge)

For reservation, please contact our wellness concierge at 852-3891 8588. email at hongkong.asaya@rosewoodhotels.com or [book online](#).

Cancellation and rescheduling within 48 hours, or no show will result in a 100% charge.

asaya

July 20 – 31

Reformer Pilates

Wednesday, July 22

4 pm | Pilates & Reformer for Beginners | Jenny
5 pm | Abs & Butt Pilates & Reformer for Intermediate | Jenny

Thursday, July 23

10 am | Pilates & Reformer for Beginners | Jenny
11 am | Full Body Pilates & Reformer for Intermediate | Jenny

Friday, July 24

7:30 am | Pilates & Reformer for Beginners | Jenny
8:30 am | Abs & Butt Pilates & Reformer for Intermediate | Jenny

Saturday, July 25

10 am | Pilates & Reformer for Beginners | Loretta
11 am | Full Body Pilates & Reformer for Intermediate | Loretta
2 pm | Pilates & Reformer for Beginners | Jenny
3 pm | Abs & Butt Pilates & Reformer for Intermediate | Jenny

Tuesday, July 28

8 am | Pilates & Reformer for Beginners | Loretta
9 am | Abs & Butt Pilates & Reformer for Intermediate | Loretta

Wednesday, July 29

11:30 am | Pilates & Reformer for Beginners | Loretta
12:30 pm | Full Body Pilates & Reformer for Intermediate | Loretta

Thursday, July 30

8 am | Pilates & Reformer for Beginners | Loretta
9 am | Full Body Pilates & Reformer for Intermediate | Loretta
11 am | Pilates & Reformer for Beginners | Jenny
12 pm | Abs & Butt Pilates & Reformer for Intermediate | Jenny

Friday, July 31

7:30 am | Pilates & Reformer for Beginners | Jenny
8:30 am | Abs & Butt Pilates & Reformer for Intermediate | Jenny

\$380 for Asaya members; \$580 for In-house Guests, Residence Guests and Carlyle & Co members; \$780 for public (Subject to 10% service charge)

For reservation, please contact our wellness concierge at 852-3891 8588. email at hongkong.asaya@rosewoodhotels.com or [book online](#).

Cancellation and rescheduling within 48 hours, or no show will result in a 100% charge.

asaya



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. Alignment 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

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.

CORE YOGA

Emphasizes strengthening the core muscles – including abdominals, obliques, lower back, and pelvic floor – to improve stability, balance, and overall body strength. It utilises different yoga poses on core engagement and strengthening

PILATES MAT

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

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

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

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

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

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.

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.

BREATHWORK & MEDITATION

Designed to harmonize body, mind, and spirit, this class combines conscious breathing techniques, inspired by pranayama and modern breathwork practices, with guided meditation to promote deep relaxation, stress relief, and inner clarity. Through intentional breath patterns, you'll release tension, balance your nervous system, and cultivate a sense of calm. The meditation component will guide you to a state of mindfulness, helping you connect with the present moment and unlock inner peace. Suitable for all levels.

SLOW FLOW YOGA

Slow flow is a gentle, accessible, and mindful practice that blends vinyasa style, breath-synchronized movements with longer-held, restorative poses. It emphasizes deliberate transitions, deep breathing, and alignment, allowing practitioners to build strength and flexibility while calming the mind. It is ideal for all levels, offering a slower, more meditative pace than faster, vigorous yoga styles.

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 stretches which help 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.

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

Improve intimacy, reduce anxiety and stress, or manage chronic pain and insomnia through the power of hypnosis.

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.





WELLNESS CLASSES DESCRIPTION

CARDIO IGNITE

Interval training that incorporates both cardio and resistance exercises.

FLOW AND TONE

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.

ABS AND GLUTES

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

TRX

A fitness training system that uses two suspension straps to provide a full-body workout using your own body weight and gravity. It builds strength, balance, coordination, and core stability by making exercises more challenging through instability.

Core and Stretch

The class are essential for maintaining good posture, preventing lower back pain, and improving performance. The core includes the abdominals, deep spinal muscles, pelvic floor, diaphragm, and glutes. Post-training stretch reduces muscle tightness and helps prevent soreness from muscle imbalance.

asaya

6/F rosewood hong kong, victoria dockside.
18 salisbury road, tsim sha tsui, kowloon, hong kong

t. +852 3891 8588

e. hongkong.asaya@rosewoodhotels.com