



wellness at our house

Yoga & Meditation - complimentary for in-house guests

Revitalise your body and mind with our 60-minute group yoga class and meditation session held in the green surrounds of The Lawn. Alternatively, all guest rooms are equipped with yoga mats for self-practice.

Fridays 8:00am

Saturdays and Sundays 9:00am

Private sessions can be arranged at HK\$1,000 per hour



Energy Class - complimentary for in-house guests

Challenge yourself with a full-body strength and conditioning training session at our Gym. Get toned in the fun and dynamic group class with our trainer.

Saturdays 5:00pm

Private sessions can be arranged at HK\$1,000 per hour



Gym

If you fancy letting off some steam, our gym is well equipped with cardiovascular and weight training equipment from Technogym. Tone every muscle whilst overlooking the lush island view. Private training is also available by request, to help you achieve your training goals.

Bicycles

Enjoy the views as you take a spin on the nearby trails with our House bicycles. Advance booking is required via our Guest Experience team.



TUH Running Club

Hit the nearby trails and immerse yourself in the fresh air and greenery in the heart of our jungle city. Maps can be provided by the Guest Experience team. Join our monthly #TUHRunningClub and jog along Bowen Road with our team. Enjoy a light breakfast on us afterwards.



Pool

Enjoy complimentary access and transfers to the heated outdoor pool at Swire Hotels' EAST, Hong Kong, located in Taikoo Shing. Alternatively, access to two pools within Pacific Place can be arranged with a paid pass.



Tennis

Perched in the greenery off Bowen Road, enjoy a game of tennis with friends. Rackets and balls are not provided, and booking is subject to availability.

April to September: 6:00am – 7:00pm daily

October to March: 7:00am – 6:00pm daily

Private sessions with a coach can be arranged at HK\$1,000 per hour

PURE Yoga

With studios in Pacific Place and the nearby Star Street Precinct, PURE Yoga offers over 120 classes a week with internationally certified teachers. More than 30 yoga styles including Hot Yoga, Hatha, Yoga Therapy and special classes like Aerial Yoga, Wall Rope Yoga, Yoga Wheel and Meditation can be enjoyed.



Café Gray Deluxe – Level 49

Revitalising Menu

Featuring dishes that are vegan and gluten-free, the Revitalising Menu complements several other products already on the menu that are organic, non-GMO and sustainably sourced. To keep things interesting, the dishes change each week.

3-course from HK\$375

4-course from HK\$475

Juices

Get detoxed with range of 100% organic cold-pressed juices available.



Prices are subject to 10% service charge

Please call +852 2918 1838 or dial internal extension '0' to contact our Guest Experience team for bookings or further information.