



# AKASHA

INSPIRING WELLBEING

## CLASS SCHEDULE

From March 31th to April 6th 2025

### Monday

Soft Yoga (60 min)	7.00 am
Fat-burning cardio (30 min)	11.45 am
Stretching (30 min)	12.15 pm
Aqua Yoga (30 min)	1.15 pm
Circuit Training (30 min)	6.15 pm
Yoga yin (60 min)	7.30 pm

### Thursday

Fit Yoga (60 min)	8.00 am
Aqua Training (30 min)	9.00 am
Training bas du corps (30 min)	11.45 pm
Stretching (30 min)	12.15 pm
Thighs/abs/glutes (45 min)	7.00 pm

### Tuesday

Circuit Training (30 min)	8.00 am
Thighs/Abs/Glutes (30 min)	12.00 am
Aqua training (30 min)	5.00 pm
Pilates (45 min)	6.15 pm
Cardio Barre (60 min)	7.15 pm

### Friday

Soft Yoga (60 min)	8.30 am
Aqua Training (30 min)	9.30 am
Thighs/Abs/Glutes (30 min)	12.00 pm
Aquatic HIIT (45 min)	12.30 pm
Body Weight (30 min)	6.45 pm

### Wednesday

Upper body training (30 min)	11.30 am
Aquatic HIIT (45 min)	12.30 pm
Abdo/Fessiers (30 min)	7.00 pm
Yoga Dynamique (45 min)	7.30 pm

### Saturday

Aqua Training (30 min)	8.30 am
Pilates (45 min)	9.30 am
Stretching (30 min)	10.00 am
Fat-burning cardio (30 min)	11.30 am
Aqua Training (30 min)	12.15 pm
Thighs/Abs/Glutes (30 min)	6.00 pm

### Sunday

Fit Yoga (60 min)	10.30 pm
Stretching (30 min)	12.30 pm
Fat-burning cardio (30 min)	5.45 pm
Stretching (30 min)	6.15 pm



# AKASHA

INSPIRING WELLBEING

## CLASS SCHEDULE

from April 7th to April 13th 2025

### Monday

Fat-burning cardio (30 min)	11.45 am
Stretching (30 min)	12.15 am
Yoga training (30 min)	1.15 pm
Circuit Training (30 min)	6.15 pm
Yoga yin (60 min)	7.30 pm

### Thursday

Fit Yoga (60 min)	8.00 am
Aqua Training (30 min)	9.00 am
Lower body training (30 min)	11.45 am
Stretching (30 min)	12.15 pm
Thighs/Abs/ Glutes (45 min)	7.00 pm

### Tuesday

Circuit Training (30 min)	8.00 am
Cuisses/Abdo/Fessiers (30 min)	12.00 pm
Aqua training (30 min)	5.00 pm
Abdo/fessiers (30 min)	6.15 pm
Cardio Barre (60 min)	7.15 pm

### Friday

Aqua Training (30 min)	9.30 am
Thighs/Abs/Glutes (30 min)	12.00 pm
Aquatic HIIT (45 min)	12.30 pm
Poids du corps (30 min)	6.45 pm

### Wednesday

Upper body training (30 min)	11.30 am
Aquatic HIIT (45 min)	12.30 am
Abs/glutes (30 min)	7.00 pm

### Saturday

Aqua Training (30 min)	8.30 am
Pilates (45 min)	9.15 am
Stretching (30 min)	10.00 am
Fat-burning cardio (30 min)	11.30 am
Aqua Training (30 min)	12.15 pm
Thighs/Abs/Glutes (30 min)	6.00 pm

### Sunday

Yoga yin (60 min)	8.30 am
Fit Yoga (60 min)	10.30 am
Stretching (30 min)	12.30 pm
Fat-burning cardio (30 min)	5.45 pm
Stretching (30 min)	6.15 pm



# AKASHA

INSPIRING WELLBEING

## CLASS SCHEDULE

From April 14th to April 20th 2025

### Monday

Soft Yoga (60 min)	7.15 am
Fat burning cardio (30 min)	11.45 am
Stretching (30 min)	12.15 pm
Aqua training (30 min)	1.15 pm
Circuit Training (30 min)	6.15 am
Yoga yin (60 min)	7.30 am

### Thursday

Aqua Training (30 min)	9.00 am
Lower body training (30 min)	11.45 am
Stretching (30 min)	12.15 pm
Thighs/Abs/ (45 min)	7.00 pm
Glutes	

### Tuesday

Circuit Training (30 min)	8.00 am
Thighs/abs/glutes (30 min)	12.00 pm
Aqua training (30 min)	5.00 pm
Abs/Glutes (30 min)	6.15 pm
Cardio Barre (60 min)	7.15 pm

### Friday

Aqua Training (30 min)	9.30 am
Thighs/Abs/Glutes (30 min)	12.00 pm
Aquatic HIIT (45 min)	12.30 pm
Body weight (30 min)	6.45 pm

### Wednesday

Upper body training (30 min)	11.30 am
Aquatic HIIT (45 min)	12.30 pm
Abs/Glutes (30 min)	7.00 pm
Dynamic Yoga (60 min)	7.15 pm

### Saturday

Aqua Training (30 min)	8.30 am
Pilates (45 min)	9.15 am
Stretching (30 min)	10.00 am
Fat-burning cardio (30 min)	11.30 am
Aqua Training (30 min)	12.15 pm
Thighs/abs/glutes (30 min)	6.00 pm

### Sunday

Yoga yin (60 min)	8.30 am
Fit Yoga (60 min)	10.30 am
Stretching (30 min)	12.30 pm
Fat-burning cardio (30 min)	5.45 pm
Stretching (30 min)	6.15 pm



# AKASHA

INSPIRING WELLBEING

## CLASS SCHEDULE

From April 21th to April 27th 2025

### Monday

Soft Yoga (60 min)	7.15 am
Fat-burning cardio (30 min)	11.45 am
Stretching (30 min)	12.15 pm
Aqua training (30 min)	1.15 pm
Circuit Training (30 min)	6.15 pm
Yoga yin (60 min)	7.30 pm

### Thursday

Fit Yoga (60 min)	8.00 am
Aqua training (30 min)	9.00 am
Lower body (30 min) training	11.45 am
Stretching (30 min)	12.15 pm
Thighs/abs/ (30 min) glutes	7.00 pm

### Tuesday

Circuit Training (30 min)	8.00 am
Thighs/abs/glutes (30 min)	12.00 pm
Aqua training (30 min)	5.00 pm
Abs/glutes (30 min)	6.15 pm
Cardio Barre (60 min)	7.15 pm

### Friday

Aqua Training (30 min)	9.30 am
Thighs/abs/glutes (30 min)	12.00 pm
HIIT Aquatique (45 min)	12.30 pm
Body weight (30 min)	6.45 pm

### Wednesday

Upper body training (30 min)	11.30 am
Aquatic HIIT (45 min)	12.30 pm
Abs/Glutes (30 min)	7.00 pm
Dynamic yoga (60 min)	7.30 pm

### Saturday

Aqua Training (30 min)	8.30 am
Pilates (45 min)	9.15 am
Stretching (30 min)	10.00 am
Fat-burning cardio (30 min)	11.30 am
Aqua Training (30 min)	12.15 pm
Thighs/abs/ glutes (30 min)	6.00 pm

### Sunday

Yoga yin (60 min)	8.30 am
Fit Yoga (60 min)	10.30 am
Stretching (30 min)	12.30 pm
Fat-burning (30 min) cardio	5.45 pm
Stretching (30 min)	6.15 pm



# AKASHA

INSPIRING WELLBEING

## CLASS SCHEDULE

From April 28th to May 4th 2025

### Monday

Soft Yoga (60 min)	7.15 am
Fat-burning cardio (30 min)	11.45 am
Stretching (30 min)	12.15 am
Aqua Yoga (30 min)	1.20 pm
Circuit Training (30 min)	6.15 pm
Yoga yin (60 min)	7.30 pm

### Thursday

Fit Yoga (60 min)	8.00 am
Aqua training (30 min)	9.00 am
Lower body training (30 min)	11.45 am
Stretching (30 min)	12.15 pm
Thighs/Abs/ Glutes (30 min)	7.00 pm

### Tuesday

Circuit Training (30 min)	8.00 am
Thighs/Abs/Glutes (30 min)	12.00 pm
Aqua training (30 min)	5.00 pm
Abs/Glutes (30 min)	6.15 pm
Cardio Barre (60 min)	7.15 pm

### Friday

Soft Yoga (60 min)	8.30 am
Aqua Training (30 min)	9.30 am
Thighs/Abs/Glutes (30 min)	12.00 am
Aquatic HIIT (45 min)	12.30 pm
Body weight (30 min)	6.45 pm

### Wednesday

Upper body training (30 min)	11.30 am
Aquatic HIIT (45 min)	12.30 pm
Abs/Glutes (30 min)	7.00 pm
Dynamic yoga (60 min)	7.30 pm

### Saturday

Aqua Training (30 min)	8.30 am
Pilates (45 min)	9.15 am
Stretching (30 min)	10.00 am
Fat-burning Cardio (30 min)	11.30 am
Aqua Training (30 min)	12.15 pm
Thighs/Abs/Glutes (30 min)	6.00 pm

### Sunday

Yoga yin (60 min)	8.30 am
Fit Yoga (60 min)	10.30 am
Stretching (30 min)	12.30 pm
Fat-burning cardio (30 min)	5.45 pm
Stretching (30 min)	6.15 pm