



# AKASHA

INSPIRING WELLBEING

## HORAIRES COURS

Du 31 mars au 6 avril 2025

### Lundi

Soft Yoga (60 min)	7h15
Cardio Brûle-graisse (30 min)	11h45
Stretching (30 min)	12h15
Aqua Yoga (30 min)	13h15
Circuit Training (30 min)	18h15
Yoga yin (60 min)	19h30

### Jeudi

Fit Yoga (60 min)	8h00
Aqua Training (30 min)	9h00
Training bas du corps (30 min)	12h00
Cuisses abdos (30 min)	12h30
fessiers	19h00
Yoga Dynamique (60 min)	19h30

### Mardi

Circuit Training (30 min)	8h00
Cuisses/Abdo/Fessiers (30 min)	12h00
Aqua training (30 min)	17h00
Pilates (45 min)	18h15
Cardio Barre (60 min)	19h15

### Vendredi

Soft Yoga (60 min)	8h30
Aqua Training (30 min)	9h30
Cuisses/Abdo/Fessiers (30 min)	12h00
HIIT Aquatique (45 min)	12h30
Poids du corps (30 min)	18h45

### Mercredi

Training haut du corps (30 min)	11h30
HIIT Aquatique (45 min)	12h30
Abdo/Fessiers (30 min)	19h00
Yoga Dynamique (45 min)	19h30

### Samedi

Aqua Training (30 min)	8h30
Pilates (45 min)	9h30
Stretching (30 min)	10h00
Cardio brûle-graisse (30 min)	11h30
Aqua Training	12h15
Cuisses/Abdo/Fessiers (30 min)	18h00

### Dimanche

Fit Yoga (60 min)	10h30
Stretching (30 min)	12h30
Cardio brûle-graisse (30 min)	17h45
Stretching (30 min)	18h15



# AKASHA

INSPIRING WELLBEING

## HORAIRES COURS

Du 7 au 13 avril 2025

### Lundi

Cardio Brûle-graisse (30 min)	11h45
Stretching (30 min)	12h15
Yoga training (30 min)	13h15
Circuit Training (30 min)	18h15
Yoga yin (60 min)	19h30

### Jeudi

Fit Yoga (60 min)	8h00
Aqua Training (30 min)	9h00
Training bas du corps (30 min)	11h45
Streching (30 min)	12h15
Cuisses abdos (45 min) fessiers	19h00

### Mardi

Circuit Training (30 min)	8h00
Cuisses/Abdo/Fessiers (30 min)	12h00
Aqua training (30 min)	17h00
Abdo/fessiers (30 min)	18h15
Cardio Barre (60 min)	19h15

### Vendredi

Aqua Training (30 min)	9h30
Cuisses/Abdo/Fessiers (30 min)	12h00
HIIT Aquatique (45 min)	12h30
Poids du corps (30 min)	18h45

### Mercredi

Training haut du corps (30 min)	11h30
HIIT Aquatique (45 min)	12h30
Abdo/Fessiers (30 min)	19h00

### Samedi

Aqua Training (30 min)	8h30
Pilates (45 min)	9h15
Stretching (30 min)	10h00
Cardio brûle-graisse (30 min)	11h30
Aqua Training (30 min)	12h15
Cuisses/Abdo/ Fessiers (30 min)	18h00

### Dimanche

Yoga yin (60 min)	8h30
Fit Yoga (60 min)	10h30
Stretching (30 min)	12h30
Cardio (30 min) brûle-graisse	17h45
Stretching (30 min)	18h15



# AKASHA

INSPIRING WELLBEING

## HORAIRES COURS

Du 14 au 20 avril 2025

### Lundi

Soft Yoga (60 min)	7h15
Cardio Brûle-graisse (30 min)	11h45
Stretching (30 min)	12h15
Aqua training (30 min)	13h15
Circuit Training (30 min)	18h15
Yoga yin (60 min)	19h30

### Jeudi

Aqua Training (30 min)	9h00
Training bas du corps (30 min)	11h45
Stretching (30 min)	12h15
Cuisses abdos (45 min) fessiers	19h00

### Mardi

Circuit Training (30 min)	8h00
Cuisses/Abdo/Fessiers (30 min)	12h00
Aqua training (30 min)	17h00
Abdo/fessiers (30 min)	18h15
Cardio Barre (60 min)	19h15

### Vendredi

Aqua Training (30 min)	9h30
Cuisses/Abdo/Fessiers (30 min)	12h00
HIIT Aquatique (45 min)	12h30
Poids du corps (30 min)	18h45

### Mercredi

Training haut du corps (30 min)	11h30
HIIT Aquatique (45 min)	12h30
Abdo/Fessiers (30 min)	19h00
Yoga Dynamique (60 min)	19h15

### Samedi

Aqua Training (30 min)	8h30
Pilates (45 min)	9h15
Stretching (30 min)	10h00
Cardio brûle-graisse (30 min)	11h30
Aqua Training (30 min)	12h15
Cuisses/Abdo/ Fessiers (30 min)	18h00

### Dimanche

Yoga yin (60 min)	8h30
Fit Yoga (60 min)	10h30
Stretching (30 min)	12h30
Cardio brûle-graisse (30 min)	17h45
Stretching (30 min)	18h15



# AKASHA

INSPIRING WELLBEING

## HORAIRES COURS

Du 21 au 27 avril 2025

### Lundi

Soft Yoga (60 min)	7h15
Cardio Brûle-graisse (30 min)	11h45
Stretching (30 min)	12h15
Aqua training (30 min)	13h15
Circuit Training (30 min)	18h15
Yoga yin (60 min)	19h30

### Jeudi

Fit Yoga (60 min)	8h00
Aqua training (30 min)	9h00
Training bas du corps (30 min)	11h45
Stretching (30 min)	12h15
Cuisses abdos (45min) fessiers	19h00

### Mardi

Circuit Training (30 min)	8h00
Cuisses/Abdo/Fessiers (30 min)	12h00
Aqua training (30 min)	17h00
Abdo/fessiers (30min)	18h15
Cardio Barre (60 min)	19h15

### Vendredi

Aqua Training (30 min)	9h30
Cuisses/Abdo/ Fessiers (30 min)	12h00
HIIT Aquatique (45min)	12h30
Poids du corps (30 min)	18h45

### Mercredi

Training haut du corps (30 min)	11h30
HIIT Aquatique (45 min)	12h30
Abdo/Fessiers (30 min)	19h00
Yoga Dynamique (60 min)	19h30

### Samedi

Aqua Training (30 min)	8h30
Pilates (45 min)	9h15
Stretching (30 min)	10h00
Cardio brûle-graisse (30 min)	11h30
Aqua Training (30 min)	12h15
Cuisses/Abdo/ Fessiers (30 min)	18h00

### Dimanche

Yoga yin (60 min)	8h30
Fit Yoga (60 min)	10h30
Stretching (30 min)	12h30
Cardio brûle-graisse (30 min)	17h45
Stretching (30 min)	18h15



# AKASHA

INSPIRING WELLBEING

## HORAIRES COURS

Du 28 avril au 4 mai 2025

### Lundi

Soft Yoga (60 min)	7h15
Cardio Brûle-graisse (30 min)	11h45
Stretching (30 min)	12h15
Aqua Yoga (30 min)	13h20
Circuit Training (30 min)	16h15
Yoga yin (60 min)	19h30

### Jeudi

Fit Yoga (60 min)	8h00
Aqua training (30 min)	9h00
Training bas du corps (30 min)	11h45
Stretching (30 min)	12h15
Cuisses abdos fessiers (30 min)	19h00

### Mardi

Circuit Training (30 min)	8h00
Cuisses/Abdo/Fessiers (30 min)	12h00
Aqua training (30 min)	17h00
Abdo/fessiers (30 min)	18h15
Cardio Barre (60 min)	19h15

### Vendredi

Soft Yoga (60 min)	8h30
Aqua Training (30 min)	9h30
Cuisses/Abdo/Fessiers (30 min)	12h00
HIIT Aquatique (45 min)	12h30
Poids du corps (30 min)	18h45

### Mercredi

Training haut du corps (30 min)	11h30
HIIT Aquatique (45 min)	12h30
Abdo/Fessiers (30 min)	19h00
Yoga Dynamique (60 min)	19h30

### Samedi

Aqua Training (30 min)	8h30
Pilates (45 min)	9h15
Stretching (30 min)	10h00
Cardio brûle-graisse (30 min)	11h30
Aqua Training (30 min)	12h15
Cuisses/Abdo/Fessiers (30 min)	18h00

### Dimanche

Yoga yin (60 min)	8h30
Fit Yoga (60 min)	10h30
Stretching (30 min)	12h30
Cardio brûle-graisse (30 min)	17h45
Stretching (30 min)	18h15