



AKASHA

INSPIRING WELLBEING

CLASS SCHEDULE

From May 26th to June 1st 2025

Monday

Soft yoga (60 min)	07:15 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 (45 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
Pilates (45min)	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 HIT (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 (45 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 June 2nd to June 8th 2025

Monday

Soft yoga (60 min)	07:15 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 (45 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
Pilates (45min)	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 HIT (45 min)	12.30 pm
Body weight (30 min)	6.45 pm

Wednesday

Upper body training (30 min)	11.45 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 (45 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 June 9th to June 15th 2025

Monday

Soft yoga (60 min)	07:15 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 (45 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
Pilates (45min)	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 HIT (45 min)	12.30 pm
Body weight (30 min)	6.45 pm

Wednesday

Upper body training (30 min)	11.45 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 (45 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 June 16th to June 22nd 2025

Monday

Soft yoga (60 min)	07:15 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 (45 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
Pilates (45min)	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 HIT (45 min)	12.30 pm
Body weight (30 min)	6.45 pm

Wednesday

Upper body training (30 min)	11.45 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 (45 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 June 23rd to June 29th 2025

Monday

Soft yoga (60 min)	07:15 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 (45 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
Pilates (45min)	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 HIT (45 min)	12.30 pm
Body weight (30 min)	6.45 pm

Wednesday

Upper body training (30 min)	11.45 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
Fat-burning Cardio (30 min)	11.30 am
Aqua Training (30 min)	12.15 pm
Thighs/Abs/Glutes (45 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 June 30th to July 6th 2025

Monday

Soft yoga (60 min)	07:15 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 (45 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
Pilates (45min)	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 HIT (45 min)	12.30 pm
Body weight (30 min)	6.45 pm

Wednesday

Upper body training (30 min)	11.45 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
Fat-burning Cardio (30 min)	11.30 am
Aqua Training (30 min)	12.15 pm
Thighs/Abs/Glutes (45 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