

CLASS SCHEDULE

at Akasha Spa

From April 6th to 12th, 2026.

Monday

	Soft yoga	(60 min)	7.15 pm
	Aqua Yoga	(30 min)	12.15 pm
	Soft Yoga	(60 min)	7.30 pm

Thursday

	Fit Yoga	(60 min)	8.00 am
	Thighs/Abs/Glutes	(45 min)	7.00 pm

Tuesday

	Abs/Glutes	(30 min)	3.00 pm
	Pilates	(45min)	6.15 pm
	Cardio Barre	(60 min)	7.15 pm

Friday

	Soft Yoga	(60 min)	8.30 am
	Body weight	(30 min)	6.45 pm
	Stretching	(30 min)	7.15 pm

Wednesday

	Upper body training	(30 min)	11.45 am
	Aquatic HIIT	(45 min)	12.30 pm
	Dynamic Yoga	(60 min)	7.30 pm

Saturday

	Pilates	(45 min)	9.15 am
	Fat-burning cardio	(30 min)	11.30 am
	Aqua Training	(30 min)	12.15 pm
	Thighs/Abs/Glutes	(30 min)	6.00 pm
	Stretching	(30 min)	6.30 pm

Sunday

	Yin Yoga	(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

CLASS SCHEDULE

at Akasha Spa

From April 13th to 19th, 2026.

Monday

	Soft yoga	(60 min)	7.15 am
	Aqua Yoga	(30 min)	1.15 pm
	Soft Yoga	(60 min)	7.30 pm

Thursday

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

Tuesday

	Circuit Training	(30 min)	11h30 am
	Stretching	(30min)	12h00 pm
	Abs/Glutes	(30min)	3.00 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 pm
	Body weight	(30 min)	6.45 pm
	Stretching	(30 min)	7.15 pm

Wednesday

	Upper body training	(30 min)	11.45 am
	Aquatic HIIT	(45 min)	12.30 pm
	Dynamic Yoga	(60 min)	7.30 pm

Saturday

	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
	Stretching	(30 min)	6.45 pm

Sunday

	Yin Yoga	(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

CLASS SCHEDULE

at Akasha Spa

From April 20th to 26th, 2026.

Monday

 Soft yoga	(60 min)	7.15 am
 Aqua Yoga	(30 min)	1.15 pm
 Soft Yoga	(60 min)	7.30 pm

Thursday

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

Tuesday

 Circuit Training	(30 min)	11h30am
 Stretching	(30 min)	12h00 pm
 Abs/Glutes	(30 min)	3.00 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 pm
 Body weight	(30 min)	6.45 pm
 Stretching	(30 min)	7.15 pm

Wednesday

 Upper body training	(30 min)	11.45 am
 Aquatic HIIT	(45 min)	12.30 pm
 Dynamic Yoga	(60 min)	7.30 pm

Saturday

 Fat-burning cardio	(30 min)	11.30 am
 Aqua Training	(30 min)	12.15 pm
 Thighs/Abs/Glutes	(45 min)	6.00 pm
 Stretching	(30 min)	6.45 pm

Sunday

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

CLASS SCHEDULE

at Akasha Spa

From April 27th to May 3rd, 2026.

Monday

 Soft Yoga (60 min) 7.30 pm

Thursday

 Aqua training (30 min)
 Stretching (30 min)
 Thighs/Abs/Glutes (45 min)

Tuesday

 Circuit Training (30 min) 11h30 am
 Stretching (30 min) 12h00 pm
 Cardio Barre (60 min) 7.15 pm

Friday

 Aqua Training (30 min) 9.30 am
 Thighs/Abs/Glutes (30 min) 12.00 pm
 Body weight (30 min) 6.45 pm
 Stretching (30 min) 7.15 pm

Wednesday

 Upper body training (30 min) 11.45 am
 Aquatic HIIT (45 min) 12.30 pm

Saturday

 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
 Stretching (30 min) 6.45 pm

Sunday

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