CLASS SCHEDULE at Akasha Spa

From December 1st to December 7th

Monday

Soft yoga

Aqua Yoga

Stretching

Yoga Yin

(60 min) 7:15 am (30 min) 1.15 pm Circuit Training (30 min) 6.15 pm (30 min) 6.45 pm (60 min) 7:30 pm

Thursday

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

Tuesday

5	Thighs/Abs/Glutes	(30 min)	12.15 pm
.0*	Aqua training	(30 min)	5.00 pm
0	Pilates	(45min)	6.15 pm
2	Cardio Barre	(60 min)	7.15 pm

Friday

4	Soft Yoga	(60 min)	8.30 am
	Aqua Training	(30 min)	9.30 am
4	Thighs/Abs/Glutes	(30 min)	12.00 am
44	Body weight	(30 min)	6.45 pm
2	Stretching	(30 min)	7.15 pm

Wednesday

S.	Upper body	(30 min)	11.45 am
	training		
.0*	Aquatic HIIT	(45 min)	12.30 pm
\$	Abs/Glutes	(30 min)	7.00 pm
å	Dynamic Yoga	(60 min)	7.30 pm

Saturday

0	Pilates	(45 min)	9.15 am
4	Fat-burning cardio	(30 min)	11.30 am
-04	Aqua Training	(30 min)	12.15 pm
4	Thighs/Abs/Glutes	(45 min)	6.00 pm
0	Stretching	(30 min)	6.45 pm

4~46.6	Yoga yin Fit Yoga Stretching Fat-burning cardio Stretching	(60 min) (60 min) (30 min) (30 min) (30 min)	8.30 am 10.30 am 12.30 pm 5.45 pm
6	Stretching	(30 11111)	6.15 pm

CLASS SCHEDULE at Akasha Spa

From December 8th to December 14th

Monday

Soft yoga (60 min) 7:15 am Aqua Yoga (30 min) 1.15 pm Circuit Training (30 min) 6.15 pm Stretching (30 min) 6.45 pm Yoga Yin (60 min) 7:30 pm

Thursday

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

Tuesday

₹>	Thighs/Abs/Glutes	(30 min)	12.15 pm
	Aqua training	(30 min)	5.00 pm
0	Pilates	(45min)	6.15 pm
S.	Cardio Barre	(60 min)	7.15 pm

Friday

•	Soft Yoga	(60 min)	8.30 am
**	Aqua Training	(30 min)	9.30 am
4	Thighs/Abs/Glutes	(30 min)	12.00 am
4	Body weight	(30 min)	6.45 pm
2	Stretching	(30 min)	7.15 pm

Wednesday

S.	Upper body	(30 min)	11.45 am
	training		
.0*	Aquatic HIIT	(45 min)	12.30 pm
₹>	Abs/Glutes	(30 min)	7.00 pm
å	Dynamic Yoga	(60 min)	7.30 pm

Saturday

0	Pilates	(45 min)	9.15 am
4	Fat-burning cardio	(30 min)	11.30 am
	Aqua Training	(30 min)	12.15 pm
4	Thighs/Abs/Glutes	(45 min)	6.00 pm
4	Stretching	(30 min)	6.45 pm

4.0000	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

CLASS SCHEDULE at Akasha Spa

From December 15th to December 21st

Monday

Soft yoga (60 min) 7:15 am Aqua Yoga (30 min) 1.15 pm Circuit Training (30 min) 6.15 pm Stretching (30 min) 6.45 pm Yoga Yin (60 min) 7:30 pm

Thursday

.44	Aqua training	(30 min)	9.00 am
0	Stretching	(30 min)	12.15 pm
S.	Thighs/Abs/Glutes	(45 min)	7.00 pm

Tuesday

₹7	Thighs/Abs/Glutes	(30 min)	12.15 pm
-0*	Aqua training	(30 min)	5.00 pm
0	Pilates	(45min)	6.15 pm
2	Cardio Barre	(60 min)	7.15 pm

Friday

-6*	Aqua Training	(30 min)	9.30 am
4	Thighs/Abs/Glutes	(30 min)	12.00 am
4	Body weight	(30 min)	6.45 pm
0	Stretching	(30 min)	7.15 pm

Wednesday

3	Upper body	(30 min)	11.45 am
	training		
40*	Aquatic HIIT	(45 min)	12.30 pm
4	Abs/Glutes	(30 min)	7.00 pm
٠	Dynamic Yoga	(60 min)	7.30 pm

Saturday

0	Pilates	(45 min)	9.15 am
4	Fat-burning cardio	(30 min)	11.30 am
-6*	Aqua Training	(30 min)	12.15 pm
4	Thighs/Abs/Glutes	(45 min)	6.00 pm
0	Stretching	(30 min)	6.45 pm

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

CLASS SCHEDULE at Akasha Spa

From December 22nd to December 28th

Monday Thursday

Stretching

(30 min)

12.15 pm

4	Soft yoga	(60 min)	7:15 am
•	Aqua Yoga	(30 min)	1.15 pm
3	Circuit Training	(30 min)	6.15 pm
0	Stretching	(30 min)	6.45 pm
4	Yoga Yin	(60 min)	7:30 pm

Tuesday Friday

S.	Thighs/Abs/Glutes	(30 min)	12.15 pm	4	Thighs/Abs/Glutes	(30 min)	12.00 am
.00	Aqua training	(30 min)	5.00 pm	4	Body weight	(30 min)	6.45 pm
0	Pilates	(45min)	6.15 pm	9	Stretching	(30 min)	7.15 pm

Wednesday Saturday

Z.	Upper body	(30 min)	11.45 am	0	Pilates	(45 min)	9.15 am
	training			4	Fat-burning cardio	(30 min)	11.30 am
40*	Aquatic HIIT	(45 min)	12.30 pm	-0"	Aqua Training	(30 min)	12.15 pm
				4	Thighs/Abs/Glutes	(45 min)	6.00 pm
				2	Stretching	(30 min)	6.45 pm

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

CLASS SCHEDULE at Akasha Spa

From December 29th to January 4th

Monday

Soft yoga (60 min) 7:15 am Aqua Yoga (30 min) 1.15 pm Circuit Training (30 min) 6.15 pm Stretching (30 min) 6.45 pm Yoga Yin (60 min) 7:30 pm

Thursday

-44	Aqua training	(30 min)	9.00 am
0	Stretching	(30 min)	12.15 pm
4	Thighs/Abs/Glutes	(45 min)	7.00 pm

Tuesday

S.	Thighs/Abs/Glutes	(30 min)	12.15 pm
•	Aqua training	(30 min)	5.00 pm
0	Pilates	(45min)	6.15 pm

Friday

4	Soft Yoga	(60 min)	8.30 am
-0"	Aqua Training	(30 min)	9.30 am
4	Thighs/Abs/Glutes	(30 min)	12.00 am
4	Body weight	(30 min)	6.45 pm
0	Stretching	(30 min)	7.15 pm

Wednesday

ďλ	Upper body training	(30 min)	11.45 am
404	Aquatic HIIT	(45 min)	12.30 pm
4	Abs/Glutes	(30 min)	7.00 pm
å	Dynamic Yoga	(60 min)	7.30 pm

Saturday

2	Pilates	(45 min)	9.15 am
4	Fat-burning cardio	(30 min)	11.30 am
**	Aqua Training	(30 min)	12.15 pm
4	Thighs/Abs/Glutes	(45 min)	6.00 pm
0	Stretching	(30 min)	6.45 pm

*	Yoga yin	(60 min)	8.30 am
-	Stretching	(30 min)	12.30 pm
A	Fat-burning cardio	(30 min)	5.45 pm
0	Stretching	(30 min)	6.15 pm