



AKASHA

INSPIRING WELLBEING

CLASS SCHEDULE

From July 28th to August 3rd 2025

Monday

| | | |
|------------------|----------|----------|
| Stretching | (30 min) | 12.15 pm |
| Aqua Yoga | (30 min) | 1.15 pm |
| Circuit Training | (30 min) | 6.15 pm |

Thursday

| | | |
|-----------------------|----------|----------|
| Aqua Training | (30 min) | 9.00 am |
| Lower body training | (30 min) | 11.45 am |
| Thighs/Abs/ Glutes | (45 min) | 5.30 pm |

Tuesday

| | | |
|-------------------|----------|----------|
| Thighs/Abs/Glutes | (30 min) | 12.00 pm |
| Aqua training | (30 min) | 5.00 pm |
| Pilates | (45min) | 6.15 pm |

Friday

| | | |
|-------------------|----------|----------|
| Aka 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 |

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 |
| Thighs/Abs/Glutes | (45 min) | 6.00 pm |

Sunday

| | | |
|--------------------|----------|----------|
| 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 August 4th to August 10th 2025

Monday

| | | |
|------------------|----------|----------|
| Stretching | (30 min) | 12.15 pm |
| Circuit Training | (30 min) | 6.15 pm |

Thursday

| | | |
|---------------------|----------|----------|
| 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

| | | |
|-------------------|----------|----------|
| Thighs/Abs/Glutes | (30 min) | 12.00 pm |
| Aqua training | (30 min) | 5.00 pm |
| Thighs/Abs/Glutes | (30 min) | 6.15 pm |

Friday

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

Wednesday

| | | |
|---------------------|----------|----------|
| Upper body training | (30 min) | 11.45 am |
| Aquatic HIIT | (45 min) | 12.30 pm |
| Abs and glutes | (30 min) | 7.00 pm |

Saturday

| | | |
|--------------------|----------|----------|
| 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

| | | |
|--------------------|----------|----------|
| 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 August 11th to August 17th 2025

Monday

| | | |
|------------------|----------|----------|
| Stretching | (30 min) | 12.15 pm |
| Circuit Training | (30 min) | 6.15 pm |

Thursday

| | | |
|---------------------|----------|----------|
| Aqua Training | (30 min) | 9.00 am |
| Lower body training | (30 min) | 11.45 am |
| Stretching | (30 min) | 12.15 am |

Tuesday

| | | |
|-------------------|----------|----------|
| Thighs/Abs/Glutes | (30 min) | 12.00 pm |
| Aqua training | (30 min) | 5.00 pm |
| Thighs/Abs/Glutes | (30 min) | 6.15 pm |

Friday

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

Wednesday

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

Saturday

| | | |
|--------------------|----------|----------|
| Fat-burning cardio | (30 min) | 11.30 am |
| Stretching | (30 min) | 12.00 pm |
| Thighs/Abs/Glutes | (45 min) | 6.00 pm |

Sunday

| | | |
|--------------------|----------|----------|
| 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 August 18th to August 24th 2025

Monday

| | | |
|------------------|----------|----------|
| Stretching | (30 min) | 12.15 pm |
| Circuit Training | (30 min) | 5.15 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

| | | |
|-------------------|----------|----------|
| Thighs/Abs/Glutes | (30 min) | 12.00 pm |
| Aqua training | (30 min) | 5.00 pm |
| Thighs/Abs/Glutes | (30 min) | 6.15 pm |

Friday

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

Wednesday

| | | |
|---------------------|----------|----------|
| Upper body training | (30 min) | 11.45 am |
| Aquatic HIIT | (45 min) | 12.30 pm |
| Thighs/Abs/Glutes | (30 min) | 7.00 pm |

Saturday

| | | |
|--------------------|----------|----------|
| 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

| | | |
|--------------------|----------|----------|
| 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 August 25th to August 31st 2025

Monday

| | | |
|------------------|----------|----------|
| Soft Yoga | (60 min) | 7.15 am |
| Stretching | (30 min) | 12.15 pm |
| Aqua Yoga | (40 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 am |
| 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 | (45 min) | 6.15 pm |

Friday

| | | |
|-------------------|----------|----------|
| Aqua Training | (30 min) | 9.30 am |
| Thighs/Abs/Glutes | (30 min) | 12.00 pm |
| Body weight | (30 min) | 5.45 pm |

Wednesday

| | | |
|---------------------|----------|----------|
| Upper body training | (30 min) | 11.45 am |
| Aquatic HIIT | (45 min) | 12.30 pm |
| Thighs/Abs/Glutes | (30 min) | 7.00 pm |
| Dynamic Yoga | (60 min) | 7.30 pm |

Saturday

| | | |
|--------------------|----------|----------|
| Pilates | (45 min) | 9.15 am |
| Stretching | (30 min) | 10.00 am |
| Fat-burning cardio | (30 min) | 11.30 am |
| Aqua Training | (40 min) | 12.15 pm |
| Thighs/Abs/Glutes | (45 min) | 6.00 pm |

Sunday

| | | |
|--------------------|----------|----------|
| 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 |