

CLASS SCHEDULE




at Spa Lutetia

From May 4th to 10th, 2026.






Monday

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





Thursday

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


Tuesday

 Circuit Training (30 min) 11.30 am
 Stretching (30 min) 12.00 pm
 Abs/Glutes (30 min) 3.00 pm
 Pilates (45 min) 6.15 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
 Fit Yoga (30 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
 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 May 11th to 17th, 2026.




Monday

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





Thursday

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



Tuesday

 Circuit Training (30 min) 11.30 am
 Stretching (30 min) 12.00 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

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 May 18 th to 24th, 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
	Thighs/Abs/Glutes	(45 min)	7.00 pm




Tuesday

	Abs/Glutes	(30 min)	3.00 pm
	Pilates	(45 min)	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
	Fit 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 May 25 th to 31th, 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)	11.30 am
	Stretching	(30 min)	12.00 pm
	Abs/Glutes	(30 min)	3.00 pm
	Pilates	(45 min)	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
	Fit 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