

HORAIRES DES COURS

Spa Akasha

Du 6 au 12 avril 2026

Lundi

 Soft yoga	(60 min)	7h15
 Aqua Yoga	(30 min)	13h15
 Soft Yoga	(60 min)	19h30

Jeudi

 Fit Yoga	(60 min)	8h00
 Cuisses/Abdos	(45 min)	19h00
 Fessiers		

Mardi

 Abdos /Fessiers	(30 min)	15h00
 Pilates	(45min)	18h15
 Cardio Barre	(60 min)	19h15

Vendredi

 Soft Yoga	(60 min)	8h30
 Poids du corps	(30 min)	18h45
 Stretching	(30 min)	19h15

Mercredi

 Training Haut du corps	(30 min)	11h45
 Aquatic HIIT	(45 min)	12h30
 Yoga Dynamic	(60 min)	19h30

Samedi

 Pilates	(30 min)	9h30
 Cardio brûle graisse	(30 min)	11h30
 Aqua Training	(30 min)	12h15
 Cuisses/Abdos/	(30 min)	18h00
 Fessiers	(30 min)	18h30
 Stretching		

Dimanche

 Yin Yoga	(60 min)	8h30
 Fit Yoga	(60 min)	10h30
 Stretching	(30 min)	12h30
 Cardio brûle graisse	(30 min)	17h45
 Stretching	(30 min)	18h15

HORAIRES DES COURS

Spa Akasha

Du 13 au 19 avril 2026

Lundi

 Soft yoga	(60 min)	7h15
 Aqua Yoga	(30 min)	13h15
 Soft Yoga	(60 min)	19h30

Jeudi

 Fit Yoga	(60 min)	8h00
 Aqua training	(30 min)	9h00
 Stretching	(30 min)	12h15
 Cuisses/Abdos Fessiers	(45 min)	19h00

Mardi

 Circuit Training	(30 min)	11h30
 Stretching	(30 min)	12h00
 Abdos /Fessiers	(30 min)	15h00
 Pilates	(45min)	18h15
 Cardio Barre	(60 min)	19h15

Vendredi

 Soft Yoga	(60 min)	8h30
 Aqua Training	(30 min)	9h30
 Cuisses/Abdos Fessiers	(30 min)	12h00
 Poids du corps	(30 min)	18h45
 Stretching	(30 min)	19h15

Mercredi

 Training Haut du corps	(30 min)	11h45
 Aquatic HIIT	(45 min)	12h30
 Yoga Dynamic	(60 min)	19h30

Samedi

 Pilates	(45 min)	9h15
 Cardio brûle graisse	(30 min)	11h30
 Aqua Training	(30 min)	12h15
 Cuisses/Abdos/ Fessiers	(30 min)	18h00
 Stretching	(30 min)	18h30

Dimanche

 Yin Yoga	(60 min)	8h30
 Fit Yoga	(60 min)	10h30
 Stretching	(30 min)	12h30
 Cardio brûle graisse	(30 min)	17h45
 Stretching	(30 min)	18h15

HORAIRES DES COURS

Spa Akasha

Du 20 au 26 avril 2026

Lundi

 Soft yoga	(60 min)	7h15
 Aqua Yoga	(30 min)	13h15
 Soft Yoga	(60 min)	19h30

Jeudi

 Fit Yoga	(60 min)	8h00
 Aqua training	(30 min)	9h00
 Stretching	(30 min)	12h15
 Cuisses/Abdos Fessiers	(45 min)	19h00

Mardi

 Circuit Training	(30 min)	11h30
 Stretching	(30 min)	12h00
 Abdos /Fessiers	(30 min)	15h00
 Pilates	(45min)	18h15
 Cardio Barre	(60 min)	19h15

Vendredi

 Soft Yoga	(60 min)	8h00
 Aqua Training	(30 min)	9h30
 Cuisses/Abdos Fessiers	(30 min)	12h00
 Poids du corps	(30 min)	18h45
 Stretching	(30 min)	19h15

Mercredi

 Training Haut du corps	(30 min)	11h45
 Aquatic HIIT	(45 min)	12h30
 Yoga Dynamic	(60 min)	19h30

Samedi

 Cardio brûle graisse	(30 min)	11h30
 Aqua Training	(30 min)	12h15
 Cuisses/Abdos/ Fessiers	(30 min)	18h00
 Stretching	(30 min)	18h30

Dimanche

 Soft Yoga	(60 min)	10h30
 Cardio brûle graisse	(30 min)	17h45
 Stretching	(30 min)	18h15

HORAIRES DES COURS

Spa Akasha

Du 27 avril au 3 mai 2026

Lundi

 Soft Yoga (60 min) 19h30

Jeudi

 Aqua training (30 min) 9h00
 Stretching (30 min) 12h15
 Cuisses/Abdos (45 min) 19h00
Fessiers

Mardi

 Circuit Training (30 min) 11h30
 Stretching (30 min) 12h00
 Cardio Barre (60 min) 19h15

Vendredi

 Aqua Training (30 min) 9h30
 Cuisses/Abdos (30 min) 12h00
Fessiers
 Poids du corps (30 min) 18h45
 Stretching (30 min) 19h15

Mercredi

 Training Haut du corps (30 min) 11h45
 Aquatic HIIT (45 min) 12h30

Samedi

 Pilates (45 min) 9h15
 Cardio brûle graisse (30 min) 11h30
 Aqua Training (30 min) 12h15
 Cuisses/Abdos/ (30 min) 18h00
Fessiers (30 min)
 Stretching 18h30

Dimanche

 Yin Yoga (60 min) 8h30
 Stretching (30 min) 12h30
 Cardio brûle graisse (30 min) 17h45
 Stretching (30 min) 18h15