



# AKASHA

SPA AND FITNESS

HOLISTIC WELLBEING

## CLASS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:30	Sunrise Yoga 60min - Jane		Sunrise Yoga 60min - Jane				
07:45		Energising Full Body Boost 45min Dogan					
10:30						Restorative Yoga 90min -Jane	
12.30	Strong Lower Body 45min- Dogan	Pilates Josephine	Strong Upper Body 45min Dogan	Aromatherapy Yoga Josephine	Full Body Workout 45min Dogan	Restorative Yoga 90min -Jane	
12:45							
13:15					Flow & Mindfulness 60min - Josephine		Hatha Flow 60min Reanne
18:00	Hatha Flow & Meditation 60min Reanne	Legs, Glutes & Abs 45 min Dogan	Exhale & Deep Stretch 60min Reanne	Karate Box Combat 45min Dogan			
18:45		Assisted stretch 45min Dogan					

## AKASHA OPENING HOURS

Monday to Friday            07:15 -21:00  
Saturday & Sunday        08.00- 21.00

**Regent street** opening hours Monday to Sunday 09.00- 21.00

The access to the spa prior regent street opening hours will be via the Hotel Café Royal main entrance on 10 Air Street, W1B 4DY.

Please ensure you have the membership card with you as identification to walk in.

# Class Descriptions

## Lower/Upper Body Workout

Functional training such as resistance exercises and body weight movements can help you become stronger, more flexible, agiler and better equipped to handle day-to-day feats of strength and athleticism. Using varied tempos and resistance to challenge your body's upper, lower and core muscles

## Legs, Glutes & Abs

This class is designed to focus on muscle groups performing a variety of exercises that strengthen the abdomen, legs and glutes.

## Assisted Stretch

Our assisted stretching class is an essential component to maintaining optimum health. It supports our joints and muscles as well as our emotional health by reducing stress levels in the body. The benefits of stretching include increased range of motion and flexibility, improved posture, improved circulation, stress relief and pain relief.

## Karate Box Combat

Is a karate & boxing mixed class, while honouring the fighting traditions by adapting them into a modern martial art workout. It helps to develop improved balance, posture, flexibility and strength.

## Energising Full Body Boost

This calorie-torching full body morning workout routine will give your body the morning boost it needs – the ideal workout to start the day with.

## Pilates

Targeting a full body workout, designed to strengthen your core and improve spine articulation, combined with breath work, this class will get your heart rate up and have you breaking a sweat.

## Flow & Mindfulness

A blend of Dynamic Yoga and Mindful Meditation. This class offers a strong vinyasa power flow, deep stretches and a rejuvenate guided mindfulness meditation. No experience necessary.

## Aromatherapy Yoga

Combining the powerful benefits of yoga and aromatherapy this class is designed to get you back to feeling radiantly alive. Let the amazing world of aromatherapy help you to release tension, toxicity and stress and leave feeling restored and refreshed.

## Restorative Yoga

Restorative Yoga is a passive form of yoga that seeks to achieve physical, mental and emotional relaxation with the aid of props.

## Hatha Flow Yoga

Promoting harmony and balance for body, mind and spirit, this yoga class integrates postures with breathing exercises, relaxation and meditation.

## Exhale & Deep Stretch

A class designed to improve flexibility and length of the muscle very often forgotten in the daily life and gym training

## Sunrise Yoga

Begin the day by realigning your mind and body with yoga at sunrise. A series of postures known as asanas flow dynamically together to strengthen, stretch and relax.