



# 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		Sunrise Yoga 60min - Jane		
10:30						Restorative Yoga 90min -Jane	
12:30	Chakra Yoga 60min- Josephine	Yoga basic 60min- Reanne	Yin Yoga 60min- Jane	Yoga basic 60min- Marta	Flow & Mindfulness 60min - Josephine	Restorative Yoga 90min - Jane	
	Strong Lower body 45min- Dogan		Strong Upper body 45min Dogan		Full body workout 45min Dogan		
13.15							Hatha Flow 60min Reanne
18.00	Hatha Flow & Meditation 60min Reanne	Legs, glutes & Abs 45 min Dogan	Exhale & Deep Stretch 60min Reanne	Fight Club 60min Rob			

## AKASHA OPENING HOURS

Monday to Friday      07:15 -21:00  
 Saturday & Sunday    09.00- 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.

## Fight Club

Get in shape and learn self defence with a class is designed to introduce fundamental drills, basic offensive and defensive footwork, and the proper form of punches, kicks, knees, and elbows. All combined with cardio and conditioning.

## Yoga Basics

For those new to yoga this class begins with the basics; postures and breathing techniques. Emphasis is on personal instruction and provides a solid foundation before embarking on further yoga disciplines.

## Yoga Nidra

Also known as yoga sleep this session brings you into a deep state of relaxation and is said to bring you the benefits of sleeping for 5hrs! It includes a wonderful guided body relaxation, and a calming visualisation to help release anything that is no longer serving.

A healing way to reset and recharge.

## 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.

## Yin Yoga

A stilling, relaxing and meditative practice. Yin Yoga focuses on releasing the connective tissue within the body. Typically postures are held for longer periods with the use of props for support. Suitable for all abilities.

## Restorative Yoga

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

## Chakra Yoga

Balance your energy centres through this peaceful and radiant yoga vinyasa flow.

Experience how moving like earth, water, fire and air effects your mind body and spirit.

A soul full class to begin or finish your day.

## 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