



# AKASHA

SPA AND FITNESS  
HOLISTIC WELLBEING

## CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07.15 – 8.00 <b>Energising Bootcamp</b> Andrea	7.30 – 8.30 <b>Sunrise</b> Jane	07.15 – 8.00 <b>Energising Bootcamp</b> Andrea	7.30 – 8.30 <b>Mat Pilates</b> Josephine	07.30 – 8.30 <b>Yogalates</b> Josephine	10.30 – 12.00 <b>Restorative Yoga</b> Jane	13.15 – 14.15 <b>Inner Peace Practice</b> Marta
07.30 – 8.30 <b>Core Pilates</b> Josephine	8.30 – 9.00 <b>Guided Relaxation &amp; Pranayama</b> Jane	07.30 – 8.30 <b>Rise &amp; Shine Yoga</b> Reanne	12.30-13.30 <b>Yoga Basics</b> Marta	12.15 – 13.15 <b>Flow &amp; Mindfulness</b> Josephine	12.15 – 13.45 <b>Restorative Yoga</b> Jane	14.30 – 15.30 <b>Inner Peace Practice</b> Marta
12.15 – 13.15 <b>Ballet</b> Josephine	12.30 – 13.30 <b>Hatha Flow Yoga (Dynamic)</b> Jane	11.15 – 12.15 <b>Yin Yoga</b> Jane	12.30 – 13.15 <b>Functional Circuit</b> Krisztian	13.30 – 14.30 <b>Flow &amp; Mindfulness</b> Josephine		
13.30– 14.30 <b>Power Vinyasa Flow</b> Rose	12.30 – 13.15 <b>Functional Circuit</b> Krisztian	12.30 – 13.30 <b>Yin Yoga</b> Jane	18.30 – 19.30 <b>Fight Club (Beginners)</b> Aman Asl	18.15 – 19.15 <b>Fight Club (Advanced)</b> Robert		
18.15 – 19.00 <b>Open Personal Training</b> James	18.15 – 19.15 <b>Fight Club</b> Robert	18.15 – 19.15 <b>Hatha Flow Yoga (Slow)</b> Jane	18.00 – 19.00 <b>Power Vinyasa</b> Rose	18.00 – 19.00 <b>Yin Yoga</b> Reanne		
18.30 – 19.30 <b>Hatha Flow Yoga (Dynamic)</b> Marta	19.30 – 20.00 <b>Deep Stretch</b> Reanne	19.30 – 20.00 <b>Deep Stretch</b> Reanne	19.30 – 20.30 <b>Fight Club</b> Robert			
19.00 – 19.45 <b>Open Personal Training</b> James						

# Class Descriptions

## Energising Bootcamp

High intensity level to ensure fat burning effect. With this class you will build not only a strong body but a good cardio level.

## Open Personal Training

A semi-private training session with 2-4 clients working on their individual programs. PT moving between each client as they need coaching on a specific part of their workout.

## Functional Circuit

Personalised circuit station class: with a combination of cardio and strength training around the 'Synrgy 360'. Challenge your cardio endurance, push your limits with resistance-training and muscles burns for an intense HIIT.

## 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.

## Core Pilates

With the main focus on the core strength and stability; postural alignment and precision of movement.

## Mat Pilates

This class is perfect for those who sit at a desk all day and need to realise tension from the shoulders and protect the lower back. Using a range of gentle remedial but challenging movements that relieve shoulders and back pain.

## Yogalates

Yogalates combines the yogic focus on enhanced mind and body awareness, strength, stamina, flexibility and balance, with Pilates techniques to improve posture and create a strong, stable foundation for movement.

## Ballet

Ballet boast a range of health benefits, including muscle strength, flexibility, posture improvement, pain management and illness prevention. Both involve slow, lengthening movements and cultivate the mind-body connection.

## Power Vinyasa Flow

Vinyasa is a style of yoga characterized by stringing postures together so that you move from one to another, seamlessly, using breath and improving the body balance.

## Inner Peace Practice

A gentle practice that combines stress and tension releasing movement, breath exercises, guided relaxation and meditation with emphasis on body, breath and mind awareness.

## Flow & Mindfulness

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

## 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.

## Hatha Flow Yoga

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

## 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.

## 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.

## Rise & Shine Yoga

Awake your body with gentle flow yoga poses and energise your mind for a mindful start of the week. Glowing from the inside out.

## Guided Relaxation & Pranayama

Relax and increase your overall sense of well-being with ancient meditation techniques, the perfect antidote to daily stress.

## Deep Stretch

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