

SEPTEMBRE 2020 | SEPTEMBER 2020

	LUNDI MONDAY	MARDI TUESDAY	MERCREDI WEDNESDAY	JEUDI THURSDAY	VENDREDI FRIDAY	SAMEDI SATURDAY	DIMANCHE SUNDAY
07.00-07.15							
07.15-07.30	Entraînement Fonctionnel (Thomas – 45mins) ⇄⇄ ⇄⇄ ⇄⇄	Pilates (Laurence – 60mins) ⇄⇄		Hatha Rising (Tioka – 60mins) ⇄⇄	Ceinture abdominale (Laurence – 30mins) ⇄⇄		
07.30-07.45							
07.45-08.00							
08.00-09.00							
09.00-09.15		Bootcamp (Thomas – 30mins) ⇄⇄ ⇄⇄ ⇄⇄				Yin Yoga (Laurence – 60mins) ⇄⇄	
09.15-09.30							
09.30-09.45							Boxing (Thomas – 45mins) ⇄⇄ ⇄⇄ ⇄⇄
09.45-10.00							
10.00-10.15							
10.30-11.00			Bien Etre Postural (45mins) 10h30-11h15 ⇄⇄				Restorative Yoga (Tioka – 60mins) ⇄⇄
11.00-11.15							
11.15-11.30							
11.30-11.45							
12.00-12.30						Lining (Cecile – 60mins) ⇄⇄	
12.30-13.00		Aqua Training (Laurence – 45mins) ⇄⇄	Aqua Training (Matthieu – 45mins) ⇄⇄ ⇄⇄	Aqua Training (45mins) ⇄⇄			
13.00-13.15							
14.30-14.45							HIIT Aquatique (Matthieu – 45mins) ⇄⇄ ⇄⇄ ⇄⇄
14.45-15.00							
15.00-15.15	Fit Ball (Laurence – 30mins) ⇄⇄		Mobility (Thomas – 30mins) ⇄⇄	Mobility (Thomas – 30mins) ⇄⇄		Bootcamp (Matthieu – 45mins) ⇄⇄ ⇄⇄ ⇄⇄	
15.15-15.30							
15.30-15.45							Ceinture abdominale (Matthieu – 30mins) ⇄⇄
15.45-16.00							
16.00-16.15				TRX (Matthieu – 30mins) ⇄⇄ ⇄⇄			
16.15-16.30							
16.45-17.00					Pilates (Isabelle – 60mins) ⇄⇄ ⇄⇄		
18.00-18.15	CAF (Laurence – 45mins) ⇄⇄					TRX (Matthieu – 30mins) ⇄⇄ ⇄⇄ ⇄⇄	
18.30-18.45			Body Express (Matthieu – 60mins) ⇄⇄ ⇄⇄				
18.45-19.00		HIIT (Matthieu – 30mins) ⇄⇄ ⇄⇄ ⇄⇄					
19.00-19.15					Deep Stretching (Laurence – 30mins) ⇄⇄		
19.30-19.45			Silhouette (Matthieu – 45mins) ⇄⇄ ⇄⇄				
19.45-20.00	Yoga Yin Detox (Tioka – 60mins) ⇄⇄	Lining (Cecile – 60mins) ⇄⇄		Iyengar Yoga (Farah – 60mins) ⇄⇄		Static Fit (Matthieu – 45mins) ⇄⇄ ⇄⇄ ⇄⇄	
20.00-20.15							
20.15-20.30							
20.30-21.00		Cardio Boxing (Matthieu – 30mins) ⇄⇄ ⇄⇄					

Notre programme de remise en forme est susceptible de changer et des réservations sont requises. Veuillez vous assurer de contacter le Spa Akasha pour réserver votre place à l'avance.
 Our fitness schedule is subject to change and reservations are required. Please ensure you contact Akasha to reserve your spot beforehand.