

du 29 août au 04 septembre 22  
From August 29th to September 4th

	Lundi <i>Monday</i>	Mardi <i>Tuesday</i>	Mercredi <i>Wednesday</i>	Jeudi <i>Thursday</i>	Vendredi <i>Friday</i>	Samedi <i>Saturday</i>	Dimanche <i>Sunday</i>
07h 00							
07h 30	Aka Soft Yoga (Laurence - 60 mins)					Aka Stretching Méditatif (45 mins)	
08h 00				Aka Fit Yoga (60 mins)			
08h 30							Aka Stretching Méditatif (45 mins)
09h 00	Aka TRX (Laurence - 30 mins)	AKA Cardio Boxing (Matthieu - 30 mins)			AKA Cardio Boxing (30 mins)	Aka Circuit Training (30 mins)	
09h 30							
10h 00							
10h 30							Aka Yoga Dynamique (60 mins)
11h 00							
11h 30	Aka Yoga Dynamique (Laurence - 60 mins)	Aka TRX (Matthieu - 30 mins)	Aka Training haut du corps (Matthieu - 30 mins)	Aka Training bas du corps (30 mins)	Aka TRX (30 mins)	Aka Cardio brûle-graisse / Stretching (45 mins)	
12h 00							Aka Pilates (45 mins)
12h 30			Aka HIIT Aquatique (Matthieu - 45 mins)				
13h 00							
13h 30	13h20 Aka Aqua training (40 mins)	13h20 Aka Aqua yoga (Laurence - 40 mins)			13h20 Aka Aqua training (40 mins)		
14h 00							
14h 30							
15h 00							
15h 30							
16h 00							
16h 30			Aka Equilibre (Laurence - 30 mins)				
17h 00							
17h 30				Aka Zumba (45 mins)			
18h 00							Aka Circuit training (45 mins)
18h 30		Aka Swiss ball (Laurence - 30 mins)		Aka Stretching (30 mins)		Aka Cuisses - Abdos - Fessiers (45 mins)	
19h 00	Aka Training poids du corps (Romain - 30 mins)	Aka Pilates (Laurence - 45 mins)	Aka Cuisses - Abdos - Fessiers (Laurence - 30 mins)	Aka Cross Training (30 mins)	AKA Cardio Boxing (30 mins)		Aka Stretching (30 mins)
19h 30			Aka Pilates (Laurence - 45 mins)				
20h 00	Aka Soft Yoga (60 mins)						
20h 30							

Élément "AIR"	Élément "TERRE"	Élément "EAU"	Élément "FEU"
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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 Spa to reserve your spot beforehand.

**du 5 au 11 septembre 2022**  
*From september 5th to September 11th*

	Lundi <i>Monday</i>	Mardi <i>Tuesday</i>	Mercredi <i>Wednesday</i>	Jeudi <i>Thursday</i>	Vendredi <i>Friday</i>	Samedi <i>Saturday</i>	Dimanche <i>Sunday</i>
07h 00	Aka Soft Yoga (60 mins)						
07h 30						Aka Stretching Méditatif (45 mins)	
08h 00				Aka Fit Yoga (60 mins)			
08h 30							Aka Stretching Méditatif (45 mins)
09h 00		AKA Cardio Boxing (30 mins)			AKA Cardio Boxing (30 mins)	Aka Circuit Training (30 mins)	
09h 30	Aka TRX (30 mins)						
10h 00							
10h 30		Aka Zumba (45 mins)					Aka Yoga Dynamique (60 mins)
11h 00							
11h 30	Aka Yoga Dynamique (60 mins)	Aka TRX (30 mins)	Aka Training haut du corps (30 mins)	Aka Training bas du corps (30 mins)	Aka TRX (30 mins)	Aka Cardio brûle-graisse / Stretching (45 mins)	
12h 00							
12h 15							12h15 Aka Pilates (45 mins)
12h 30			Aka HIIT Aquatique (45 mins)				
13h 00							
13h 30	13h20 Aka Aqua training (40 mins)	13h20 Aka Aqua yoga (40 mins)	13h20 Aka Equilibre (30 mins)		13h20 Aka Aqua training (40 mins)		
13h 45							
14h 00							
14h 30							
15h 00							
15h 30							
16h 00							
16h 30							
17h 00							
17h 30							
17h 45				Aka Zumba (45 mins)			
18h 00							Aka Circuit training (45 mins)
18h 30		Aka Swiss ball (30 mins)		Aka Stretching (30 mins)		Aka Cuisses - Abdos - Fessiers (45 mins)	
18h 45							Aka Stretching (30 mins)
19h 00	Aka Training poids du corps (Romain - 30 mins)	Aka Pilates (45 mins)	Aka Cuisses -Abdos- Fessiers (30 mins)	Aka Cross Training (30 mins)	AKA Cardio Boxing (30 mins)		
19h 30			Aka Pilates (45 mins)				
20h 00	Aka Soft Yoga (60 mins)						
20h 30							

Élément "AIR"	Élément "TERRE"	Élément "EAU"	Élément "FEU"
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**du 12 au 18 septembre 2022**  
*From september 12th to September 18th*

	Lundi <i>Monday</i>	Mardi <i>Tuesday</i>	Mercredi <i>Wednesday</i>	Jeudi <i>Thursday</i>	Vendredi <i>Friday</i>	Samedi <i>Saturday</i>	Dimanche <i>Sunday</i>
07h 00	Aka Soft Yoga (60 mins)						
07h 30						Aka Stretching Méditatif (45 mins)	
08h 00				Aka Fit Yoga (60 mins)			
08h 30							Aka Stretching Méditatif (45 mins)
09h 00		AKA Cardio Boxing (30 mins)			AKA Cardio Boxing (30 mins)	Aka Circuit Training (30 mins)	
09h 30	Aka TRX (30 mins)						
10h 00							
10h 30		Aka Zumba (45 mins)					Aka Yoga Dynamique (60 mins)
11h 00							
11h 30	Aka Yoga Dynamique (60 mins)	Aka TRX (30 mins)	Aka Training haut du corps (30 mins)	Aka Training bas du corps (30 mins)	Aka TRX (30 mins)	Aka Cardio brûle-graisse / Stretching (45 mins)	
12h 00							
12h 15							12h15 Aka Pilates (45 mins)
12h 30			Aka HIIT Aquatique (45 mins)				
13h 00							
13h 30	13h20 Aka Aqua training (40 mins)	13h20 Aka Aqua yoga (40 mins)	13h20 Aka Equilibre (30 mins)		13h20 Aka Aqua training (40 mins)		
13h 45							
14h 00							
14h 30							
15h 00							
15h 30							
16h 00							
16h 30							
17h 00							
17h 30							
17h 45				Aka Zumba (45 mins)			
18h 00	<<<<<						Aka Circuit training (45 mins)
18h 30		Aka Swiss ball (30 mins)		Aka Stretching (30 mins)		Aka Cuisses - Abdos - Fessiers (45 mins)	
18h 45							Aka Stretching (30 mins)
19h 00	Aka Training poids du corps (Romain - 30 mins)	Aka Pilates (45 mins)	Aka Cuisses -Abdos- Fessiers (30 mins)	Aka Cross Training (30 mins)	AKA Cardio Boxing (30 mins)		
19h 30			Aka Pilates (45 mins)				
20h 00	Aka Soft Yoga (60 mins)						
20h 30							

Élément "AIR"	Élément "TERRE"	Élément "EAU"	Élément "FEU"
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du 19 au 25 septembre 2022  
From september 19th to September 25th

	Lundi Monday	Mardi Tuesday	Mercredi Wednesday	Jeudi Thursday	Vendredi Friday	Samedi Saturday	Dimanche Sunday
07h 00	Aka Soft Yoga (60 mins)						
07h 30							
08h 00				Aka Fit Yoga (60 mins)			
08h 30							
09h 00					AKA Cardio Boxing (30 mins)	Aka Circuit Training (30 mins)	Aka Stretching Méditatif (45 mins)
09h 30	Aka TRX (30 mins)						
09h 45							
10h 00							
10h 30			Aka Zumba (45 mins)				Aka Yoga Dynamique (60 mins)
11h 00							
11h 30	Aka Yoga Dynamique (60 mins)		Aka Training haut du corps (30 mins)	Aka Training bas du corps (30 mins)	Aka TRX (30 mins)	Aka Cardio brûle-graisse / Stretching (45 mins)	
12h 00							
12h 15							
12h 30			Aka HIIT Aquatique (45 mins)				
13h 00							
13h 30	13h20 Aka Aqua training (40 mins)		13h20 Aka Equilibre (30 mins)		13h20 Aka Aqua training (40 mins)		
13h 45							
14h 00							
14h 30							
15h 00							
15h 30							
16h 00							
16h 30							
17h 00							
17h 30							
17h 45				Aka Zumba (45 mins)			
18h 00							Aka Circuit training (45 mins)
18h 30				Aka Stretching (30 mins)		Aka Cuisses - Abdos - Fessiers (45 mins)	
18h 45		Aka Swiss ball (Laurence - 30 mins)					Aka Stretching (30 mins)
19h 00	Aka Training poids du corps (Romain - 30 mins)		Aka Cuisses -Abdos- Fessiers (30 mins)	Aka Cross Training (30 mins)	AKA Cardio Boxing (30 mins)		
19h 30	Aka Soft Yoga (60 mins)	Aka Pilates (Laurence - 45 mins)					
20h 00			Aka Pilates (45 mins)				
20h 30							
		Élément "AIR"	Élément "TERRE"	Élément "EAU"	Élément "FEU"		

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**du 26 au 30 septembre 2022**  
*From 26th september to September 30th*

	Lundi <i>Monday</i>	Mardi <i>Tuesday</i>	Mercredi <i>Wednesday</i>	Jeudi <i>Thursday</i>	Vendredi <i>Friday</i>	Samedi <i>Saturday</i>	Dimanche <i>Sunday</i>
07h 00	Aka Soft Yoga (60 mins)						
07h 30							
08h 00				Aka Fit Yoga (60 mins)			
08h 30							
09h 00		AKA Cardio Boxing (30 mins)			AKA Cardio Boxing (30 mins)		
09h 30	Aka TRX (30 mins)						
10h 00							
10h 30		Aka Zumba (45 mins)					
11h 00							
11h 30	Aka Yoga Dynamique (60 mins)	Aka TRX (30 mins)	Aka Training haut du corps (30 mins)	Aka Training bas du corps (30 mins)	Aka TRX (30 mins)		
12h 00							
12h 15							
12h 30			Aka HIIT Aquatique (45 mins)				
13h 00							
13h 30	13h20 Aka Aqua training (40 mins)	13h20 Aka Aqua yoga (40 mins)	13h20 Aka Equilibre (30 mins)		13h20 Aka Aqua training (40 mins)		
13h 45							
14h 00							
14h 30							
15h 00							
15h 30							
16h 00							
16h 30							
17h 00							
17h 30							
17h 45				Aka Zumba (45 mins)			
18h 00							
18h 30		Aka Swiss ball (30 mins)		Aka Stretching (30 mins)			
18h 45							
19h 00	Aka Training poids du corps (Romain - 30 mins)	Aka Pilates (45 mins)	Aka Cuisses -Abdos- Fessiers (30 mins)	Aka Cross Training (30 mins)	AKA Cardio Boxing (30 mins)		
19h 30	Aka Soft Yoga (60 mins)			Aka Pilates (45 mins)			
20h 00							
20h 30							
		Élément "AIR"	Élément "TERRE"	Élément "EAU"	Élément "FEU"		

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