

Du 1 mai au 31 mai 2022 From May 1st to May 31st

	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 Yoga (Laurence - 60 mins)						
07h 30							
08h 00				Aka Fit Yoga (Tioka - 60 mins)			
08h 30	Aka Cuisses - Abdos - Fessiers (Laurence - 45 mins)						Aka Stretching Méditatif (Laurence - 30 mins)
09h 00		AKA Cardio Boxing (Matthieu - 30 mins)			AKA Cardio Boxing (Romain - 30 mins)	Aka Yoga Soft (14,21/05) / Circuit Training (7,28/05) (Laurence/ Romain - 60 mins)	
09h 30							
10h 00							
10h 30							Aka Yoga Dymanique (Tioka - 60 mins)
11h 00	Aka Yoga Dynamique (Laurence - 60 mins)	Aka TRX (Matthieu - 30 mins)	Aka Training haut du corps (Matthieu - 30 mins)	Aka Training bas du corps (Romain - 30 mins)	Aka TRX (Romain - 30 mins)	Aka Cardio brûle-graisse (Laurence/ Romain - 30 mins)	
11h 30							
12h 00							Aka Pilates (Laurence - 60 mins)
12h 30			Aka HIIT Aquatique (Matthieu - 45 mins)				
13h 00							
13h 30	13h20 Aka Aqua training (Romain - 40 mins)				13h20 Aka Aqua training (Matthieu/Romain - 40 mins)		
14h 00							
14h 30							
15h 00							
15h 30							
16h 00		Aka Aqua yoga (Laurence - 45 mins)					
16h 30							
17h 00							
17h 30							
18h 00							Aka Circuit training (Romain - 45 mins)
18h 30		Aka Swiss ball / stretching (Laurence - 45 mins)				Aka Cuisses - Abdos - Fessiers (Matthieu - 45 mins)	Aka Stretching (Romain - 30 mins)
19h 00	Aka Training poids de corps (Romain - 30 mins)			Aka Cross Training (Matthieu - 30 mins)	Aka Training poids du corps (Matthieu - 30 mins)		
19h 30	Aka Soft Yoga (Tioka - 60 mins)	Aka Pilates (Laurence - 45 mins)	Aka Pilates (Laurence - 60 mins)	Aka Stretching (Matthieu - 30 mins)	AKA Cardio Boxing (Matthieu - 30 mins)		
20h 00			Aka Cuisses - Abdos - Fessiers (Laurence - 45 mins)				
20h 30							
		Élément "AIR"	Élément "TERRE"	Élément "EAU"	Élément "FEU"		

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.