

du 1er au 2 octobre 2022

From october 1st to october 2nd

	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>
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07h 00

07h 30

08h 00

08h 30

09h 00

09h 30

09h 45

10h 00

10h 30

11h 00

11h 15

11h 30

11h 45

12h 00

12h 15

12h 30

13h 00

13h 20

13h 30

13h 45

14h 00

15h 00

16h 00

17h 00

17h 45

18h 00

18h 30

18h 45

19h 00

19h 30

19h 45

20h 00

20h 15

20h 30

Aka Stretching (30 mins)	
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Aka Circuit Training (30 mins)	Aka Stretching Méditatif (45 mins)
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	Aka Yoga Dymanique (60 mins)
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Aka Cardio brûle- graisse / Stretching (45 mins)	
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	Aka Pilates (45 mins)
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	Aka Circuit training (45 mins)
Aka Cuisses - Abdos - Fessiers (45 mins)	Aka Stretching (30 mins)

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.

du 3 au 9 octobre 2022

From october 3rd to october 9th

	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 Abdo Boxe (30 mins)	Aka Stretching (30 mins)	
08h 00				Aka Fit Yoga (60 mins)	AKA Full Body Combat Boxe (30 mins)		
08h 30					Aka Stretching (30 mins)		
09h 00		AKA Cardio Boxing (30 mins)	Aka Stretching (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 Yoga Dynamique (60 mins)
11h 00							
11h 15							
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)	
11h 45							
12h 00							
12h 15		Aka Zumba (45 mins)	Aka HIIT Aquatique (45 mins)		Aka Aqua Aquatique (45 mins)		Aka Pilates (45 mins)
12h 30							
13h 00							
13h 20		Aka Aqua Yoga (40 mins)	Aka Equilibre (30 mins)				
13h 30	Aka Aqua training (40 mins)						
13h 45							
14h 00							
15h 00							
16h 00							
17h 00							
17h 45				Aka Zumba (45 mins)			
18h 00							Aka Circuit training (45 mins)
18h 30		Aka TRX (30 mins)		Aka Stretching (30 mins)	Aka Training poids du corps (30 mins)	Aka Cuisses - Abdos - Fessiers (45 mins)	
18h 45							Aka Stretching (30 mins)
19h 00		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)				
19h 45							
20h 00							
20h 15							
20h 30							
		Élément "AIR"	Élément "TERRE"	Élément "EAU"	Élément "FEU"		

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du 10 au 16 octobre 2022

From october 10th to october 16th

	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 Abdo Boxe (30 mins)	Aka Stretching (30 mins)	
08h 00				Aka Fit Yoga (60 mins)	AKA Full Body Combat Boxe (30 mins)		
08h 30					Aka Stretching (30 mins)		
09h 00		Aka TRX (30 mins)	Aka Stretching (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 15							
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)	
11h 45							
12h 00							
12h 15			Aka HIIT Aquatique (45 mins)		Aka Aqua Aquatique (45 mins)		Aka Pilates (45 mins)
12h 30							
13h 00							
13h 20	Aka Aqua training (40 mins)	Aka Aqua Yoga (40 mins)	Aka Equilibre (30 mins)				
13h 30							
13h 45							
14h 00							
15h 00							
16h 00							
17h 00							
17h 45				Aka Zumba (45 mins)			
18h 00							Aka Circuit training (45 mins)
18h 30		Aka TRX (30 mins)		Aka Stretching (30 mins)	Aka Training poids du corps (30 mins)	Aka Cuisses - Abdos - Fessiers (45 mins)	
18h 45							Aka Stretching (30 mins)
19h 00	Aka Training poids du corps (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)						
19h 45			Aka Pilates (45 mins)				
20h 00							
20h 15							
20h 30							
		Élément "AIR"	Élément "TERRE"	Élément "EAU"	Élément "FEU"		

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du 17 au 23 octobre 2022
From october 17th to october 23th

	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 Abdo Boxe (30 mins)	Aka Stretching (30 mins)	
08h 00				Aka Fit Yoga (60 mins)	AKA Full Body Combat Boxe (30 mins)		
08h 30					Aka Stretching (30 mins)		
09h 00		AKA Cardio Boxing (30 mins)	Aka Stretching (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 Yoga Dynamique (60 mins)
11h 00							
11h 15							
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)	
11h 45							
12h 00							
12h 15		Aka Zumba (45 mins)	Aka HIIT Aquatique (45 mins)		Aka Aqua Aquatique (45 mins)		Aka Pilates (45 mins)
12h 30							
13h 00							
13h 20	Aka Aqua training (40 mins)	Aka Aqua Yoga (40 mins)	Aka Equilibre (30 mins)				
13h 30							
13h 45							
14h 00							
15h 00							
16h 00							
17h 00							
17h 45				Aka Zumba (45 mins)			
18h 00							Aka Circuit training (45 mins)
18h 30		Aka TRX (30 mins)		Aka Stretching (30 mins)	Aka Training poids du corps (30 mins)	Aka Cuisses - Abdos - Fessiers (45 mins)	
18h 45							Aka Stretching (30 mins)
19h 00	Aka Training poids du corps (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)						
19h 45			Aka Pilates (45 mins)				
20h 00							
20h 15							
20h 30							
		Élément "AIR"	Élément "TERRE"	Élément "EAU"	Élément "FEU"		

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du 24 au 31 octobre 2022
From october 24th to october 31th

Lundi Mardi Mercredi Jeudi Vendredi Samedi Dimanche
Monday Tuesday Wednesday Thursday Friday Saturday Sunday

07h 00	Aka Soft Yoga (60 mins)					
07h 30					AKA Abdo Boxe (30 mins)	Aka Stretching (30 mins)
08h 00			Aka Fit Yoga (60 mins)		AKA Full Body Combat Boxe (30 mins)	
08h 30					Aka Stretching (30 mins)	
09h 00		AKA Cardio Boxing (30 mins)	Aka Stretching (30 mins)			Aka Circuit Training (30 mins)
09h 30	Aka TRX (30 mins)					Aka Stretching Méditatif (45 mins)
09h 45						
10h 00						
10h 30						Aka Yoga Dynamique (60 mins)
11h 00						
11h 15						
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)
11h 45						
12h 00						
12h 15		Aka Zumba (45 mins)	Aka HIIT Aquatique (45 mins)		Aka Aqua Aquatique (45 mins)	Aka Pilates (45 mins)
12h 30						
13h 00						
13h 20	Aka Aqua training (40 mins)	Aka Aqua Yoga (40 mins)	Aka Equilibre (30 mins)			
13h 30						
13h 45						
14h 00						
15h 00						
16h 00						
17h 00						
17h 45				Aka Zumba (45 mins)		
18h 00						Aka Circuit training (45 mins)
18h 30		Aka TRX (30 mins)		Aka Stretching (30 mins)	Aka Training poids du corps (30 mins)	Aka Cuisses - Abdos - Fessiers (45 mins)
18h 45						Aka Stretching (30 mins)
19h 00	Aka Training poids du corps (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)			
19h 45						
20h 00						
20h 15						
20h 30						

Élément "AIR"

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