



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Air Training (7:30 - 8:30)	TRX (07:30 - 08:00)	Aqua Aerobic (09:00 - 10:00)	All in One (08:45 - 09:45)	Ashtanga Yoga (7:30 - 8:30)	Pilates (09:00 - 10:00)	City Circuit (09:00 - 09:30)
Body Shape (09:00 - 10:00)	Pilates (09:00 - 10:00)	Boxing (09:00 - 10:00)	Body Shape (09:00 - 10:00)	Pilates (08:30 - 09:30)	Pilates (10:00 - 11:00)	Yin Yoga (10:00 - 11:00)
Strong Flow Yoga (09:00 - 10:00)	Pilates (09:00 - 10:00)	Vinyasa Yoga (09:00 - 10:00)	Pilates Flow (10:00 - 11:00)	Total Workout (09:00 - 10:00)	Hatha Yoga (11:00 - 12:00)	Evening Flow Yoga (18:00 - 19:00)
Aqua Aerobic (10:15 - 11:15)	Hatha yoga (18:00 - 19:00)	Yin Yoga (10:15 - 11:15)	Introduction to Yoga (18:00 - 19:00)	Akasha Barre Basic (13:00 - 14:00)	Pilates (60 mins)	High Intensity Interval Training (20:00 - 20:30)
Vinyasa Yoga (10:15 - 11:15)	Dutch Slide-board Training (20:00 - 21:00)	Ashtanga Yoga (18:00 - 19:00)	Yin Yoga (20:00 - 21:00)			
Kineticode Pilates (19:30 - 20:30)	Meditation (20:30 - 21:30)	Pilates (19:00 - 20:00)				
Pilates Flow (20:30 - 21:30)		Boxing (20:00 - 21:00)				
		Meditation (20:30 - 21:30)				

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