



AKASHA

SPA FITNESS YOGA

HOLISTIC WELLBEING

CLASS DESCRIPTIONS

Bodyshape

This is a low impact class that will tone up all the muscles around the core and focuses on the 'problem' areas of the glutes, legs and abs.

Boxing

Have fun with an intense workout and unleash your inner warrior! In this class you will learn different boxing techniques and also work on your stamina and strength.

City Circuit™

30 minute well balanced full body workout using different sorts of gym equipment.

Hiit (High Intensity Interval Training)

Shape your body with high intensity interval training. A challenging but highly effective H.I.I.T. program.

Total Workout

An effective workout that concentrates on your body as a whole. This class will help you tone and tighten your entire body. The total body workout is a great way to stay fit, healthy, and energetic.

Aqua Aerobic

A great way to stretch yourself and strengthen your body with a variety of exercises in the water. During this class we will use the natural resistance of water to tone the muscles and improve your stamina.

Open Air Training

Energizing workout in the Vondelpark using all kinds of obstacles to strengthen the muscles and improve endurance.

Akasha Barre Basic

Akasha Barre combines elements of ballet, pilates & yoga. The perfect balance between ballet postures and techniques, the precision of pilates and the connection with your breathing from yoga while challenging it all with a sport conditioning formula.

Resulting in a fit and balanced body.

All In One

All in One stands for all elements in one. The training is about breathing on movement, strengthening of the core muscles and stabilizing your balance through stretch and balance exercises. Elements of yoga, pilates and stretching will be used in this class.

Ashtanga Yoga

The Ashtanga system is a dynamic style of yoga where movement, breath and focus will help you to connect deeply with yourself, quieting your thoughts and therefore calming your mind. In this class you will be guided through part of the Primary Series of the Ashtanga system following the rhythm of your breath for each pose. With this practice you will develop flexibility, strength and concentration of the mind.

Evening Flow Yoga

Calm down your body and mind. After a long day, this is the perfect preparation for a deep and good night's sleep.

Introduction to Yoga

New to yoga? This class is the perfect way to begin with and to get acquainted with the basics of yoga. yoga basics encourages proper alignment of the body and brings balance, strength, and calmness to the being.

Kineticcode® Pilates

A vigorous, highly focused total-body workout. KineticCode® Pilates targets the deepest muscles in the body, utilising the classical pilates, functional training and movement research knowledge achieve a lean, flexible, athletic body, improving your posture, core stability, balance and performance skills.

Meditation

Meditation is silence, concentration that leads to expansion of your consciousness. Consisting of a variety of different meditation and breathing techniques, this class is suitable for both advanced and beginners.

Pilates

Pilates is a combination of yoga, strong abdominal work and stretching. Pilates focuses on improving your flexibility, strength and balance while enhancing your posture and focus.

Pilates Flow

A perfect balanced mat class designed by KineticCode® Pilates. Achieve an evenly, long, strong, lean body. Develop breath and fluidity of movement while advancing core stability, overall strength and flexibility. Using precise exercises progressions focus on better posture alignment, muscle control, coordination, a decrease in neck, shoulders and back tensions, and a less stressed feeling.

Strong Flow Yoga

Do you like a challenge by practicing yoga and feeling that you've worked out? Burn out the impurities trapped in the physical body through a strong flowing yoga posture practice, followed by pranayama and meditation to help calm the nervous system and still the mind.

Vinyasa Yoga

Vinyasa means 'breath-synchronised movement'. In this class you will flow from one posture to the next. Vinyasa tends to be a more vigorous form of yoga.

Yin Yoga

Yin yoga is a slower style of yoga where the poses are held for several minutes. It is a great practice if you are interested in increasing your flexibility on a deeper level. The yin yoga poses apply moderate stress to the connective tissue and increase circulation of the joints. Yin yoga is a meditative approach to yoga where the aim is to create inner silence and peace within.

Akasha Holistic Wellbeing Centre

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CLASS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.30am	Open Air Training (60mins)				Ashtanga Yoga (60mins)		
8.30am					Pilates (60mins)		
8.45am				All in One (60mins)			
9.00am	Bodyshape (60mins) Strong Flow Yoga (60mins)	Pilates (60mins) Total Body Workout (60mins)	Aqua Aerobic (60mins) Boxing (60mins) Vinyasa Yoga (60mins)	Bodyshape (60mins)	Total Workout (60mins)	Pilates (60mins)	CityCircuit™ (30mins)
10.00am		Pilates (60mins)		Pilates Flow (60mins)		Pilates (60mins)	Yin Yoga (60mins)
10.15am	Aqua Aerobic (60mins) Vinyasa Yoga (60mins)		Yin Yoga (60mins)				
11.00am						Vinyasa Yoga (60mins)	
11.15am				Strong Flow Yoga (60mins)			
13.00pm					Akasha Barre Basic (60mins)		
18.00pm		Vinyasa Yoga (60mins)	Ashtanga Yoga (60mins)	Introduction to Yoga (60mins)			Evening Flow Yoga (60mins)
19.00pm			Pilates (60mins)				
19.30pm	Kineticode Pilates (60mins)						
20.00pm			Boxing (60mins)	Yin Yoga (60mins)			HIIT (High Intensity Interval Training (30mins)
20.30pm	Pilates Flow (60mins)	Meditation (60mins)	Meditation (60mins)				

All hotel guests have complimentary access to all classes at Akasha Holistic Wellbeing Centre.

Our fitness schedule is subject to change and reservations are required. Please ensure you contact Akasha to reserve your spot beforehand.