



SPA FITNESS YOGA
HOLISTIC WELLBEING

Festive Class Timetable

MONDAY
24TH DECEMBER

TUESDAY
25TH DECEMBER

WEDNESDAY
26TH DECEMBER

THURSDAY
27TH DECEMBER

FRIDAY
28TH DECEMBER

SATURDAY
29TH DECEMBER

SUNDAY
30TH DECEMBER

7.30am

10.30am

12.15pm

12.30pm

13.15pm

Mat Pilates
(60mins) Darren

Restorative Yoga
(90mins) Jane

Restorative Yoga
(90mins) Jane

Yoga Basics
(60mins) Marta

Flow & Mindfulness
(60mins) Jane

Inner Peace Practice
(60mins) Marta



AKASHA

SPA FITNESS YOGA

HOLISTIC WELLBEING

Festive Class Timetable

MONDAY
31ST DECEMBER

TUESDAY
1ST JANUARY

WEDNESDAY
2ND JANUARY

THURSDAY
3RD JANUARY

FRIDAY
4TH JANUARY

SATURDAY
5TH JANUARY

SUNDAY
6TH JANUARY

7.30am

Mat Pilates
(60mins) Darren

10.30am

Restorative Yoga
(90mins) Jane

12.15pm

Restorative Yoga
(90mins) Jane

12.30pm

Yin Yoga
(60mins) Jane

TRX
(45mins) Krisztian

Flow & Mindfulness
(60mins) Josephine

Yoga Basics
(60mins) Marta

13.15pm

Inner Peace Practice
(60mins) Marta

18.15pm

Fight Club (Advanced)
(60mins) TBC

18.30pm

Hatha Flow Yoga
(60mins) Marta

Dynamic Hatha Yoga
(60mins) Jane

Fight Club (Beginners)
(60mins) Aman Asl

Yogalates
(60mins) Nadia

19.30pm

Meditation & Relaxation
(30mins) Jane