



AKASHA

SPA FITNESS YOGA

Class Timetable



SPA FITNESS YOGA
HOLISTIC WELLBEING

Class Timetable

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

7.15am	Energising Bootcamp (45mins) Andrea		Energising Bootcamp (45mins) Andrea				
7.30am		Sunrise Yoga (60mins) Jane	Core Pilates (60mins) Agi		Mat Pilates (60mins) Darren		
10.30am						Restorative Yoga (90mins) Jane	
12.15pm						Restorative Yoga (90mins) Jane	
12.30pm		TRX (45mins) Krisztian	Yin Yoga (60mins) Jane	TRX (45mins) Krisztian	Flow & Mindfulness (60mins) Josephine		
		Hatha Flow Yoga (60mins) Jane		Yoga Basics (60mins) Marta			
13.15pm							Inner Peace Practice (60mins) Marta
18.15pm	Open Personal Training (45mins) James	Fight Club (60mins) Robert			Fight Club (Advanced) (60mins) Robert		
18.30pm	Hatha Flow Yoga (60mins) Marta		Dynamic Hatha Yoga (60mins) Jane	Fight Club (Beginners) (60mins) Aman Asl			
				Yogalates (60mins) Agi			
19.00pm	Open Personal Training (45mins) James						
19.20pm		Deep Stretch (60mins) Agi					
19.30pm	Meditation & Relaxation (30mins) Marta		Meditation & Relaxation (30mins) Jane				

Class Descriptions

Open Personal Training

A semi-private training session with James Hardy. 2-4 clients working on their individual programs. PT moving between each client as they need coaching on a specific part of their workout. Includes but not restricted to assisted stretching, technique coaching, spotting, rest timing and progressions.

Fight Club

Get in shape and learn self defence with a class is designed to introduce fundamental drills, basic offensive and defensive footwork, and the proper form of punches, kicks, knees, and elbows. All combined with cardio and conditioning.

TRX

TRX meets high intensity interval training with rounds of high intensity cardio blasts followed by full body TRX work outs. Go as hard as you can and test your limits.

Meditation & Relaxation

Relax and increase your overall sense of well-being with ancient meditation techniques, the perfect antidote to daily stress.

Inner Peace Practice

A gentle practice that combines stress and tension releasing movement, breath exercises, guided relaxation and meditation with emphasis on body, breath and mind awareness.

Deep Stretch

A class designed to improve flexibility and length of the muscle very often forgotten in the daily life and gym training.

Flow & Mindfulness

A blend of Dynamic Yoga and Mindful Meditation. This class offers a strong vinyasa power flow, deep stretches and a rejuvenative guided mindfulness meditation. No experience necessary.

Core Pilates

Pilates is an exercise system designed to elongate, strengthen and restore natural balance in the body. This class focuses on postural alignment and core stability.

Sunrise Yoga

Begin the day by realigning your mind and body with yoga at sunrise. A series of postures known as asanas flow dynamically together to strengthen, stretch and relax.

Yoga Basics

For those new to yoga this class begins with the basics; postures and breathing techniques. Emphasis is on personal instruction and provides a solid foundation before embarking on further yoga disciplines.

Hatha Flow Yoga

Promoting harmony and balance for body, mind and spirit, this yoga class integrates postures with breathing exercises, relaxation and meditation.

Yin Yoga

A stilling, relaxing and meditative practice. Yin Yoga focuses on releasing the connective tissue within the body. Typically postures are held for longer periods with the use of props for support. Suitable for all abilities.

Mat Pilates

This class is perfect for those who sit at a desk all day and need to realise tension from the shoulders and protect the lower back. Using a range of gentle remedial but challenging movements based on tried and tested exercises that have proven a great relief to many people who have suffered from back and shoulder pain.

Restorative Yoga

Restorative Yoga is a passive form of yoga that seeks to achieve physical, mental and emotional relaxation with the aid of props.

Yogalates

Fusion between Yoga and Pilates. This class takes a non dogmatic approach to benefits of Yoga practice paired with Pilates Core conditioning for ultimate full body and mind workout.

Energising Bootcamp

High intensity level to ensure fat burning effect. With this class you will build not only a strong body but a good cardio level.