



AKASHA

SPA AND FITNESS

HOLISTIC WELLBEING

Class Timetable

CLASS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07.15	Energising Bootcamp (45mins) Andrea		Energising Bootcamp (45mins) Andrea				
07.30		Sunrise Yoga (60mins) Jane	Core Pilates (60mins) Agi		Mat Pilates (60mins) Josephine		
10.30						Restorative Yoga (90mins) Jane	
11.15			Yin Yoga (60mins) Jane				
12.15						Restorative Yoga (90mins) Jane	
12.30	Power Vinyasa Flow (60mins) Emilia	TRX (45mins) Krisztian Hatha Flow Yoga (60mins) Jane	Yin Yoga (60mins) Jane Kinstretch (60mins) Jack	TRX (45mins) Krisztian Yoga Basics (60mins) Marta	Flow & Mindfulness (60mins) Josephine		
13.15							Inner Peace Practice (60mins) Marta
13.30							
18.15	Open Personal Training (45mins) James	Fight Club (60mins) Robert			Fight Club (Advanced) (60mins) Robert		
18.30	Hatha Flow Yoga (60mins) Marta		Dynamic Hatha Yoga (60mins) Jane	Fight Club (Beginners) (60mins) Aman Asl HIIT & Yoga (60mins) Rose	Yin Yoga (60mins) Rose		
19.00	Open Personal Training (45mins) James						
19.20		Deep Stretch (60mins) Agi					
19.30	Meditation & Relaxation (30mins) Marta		Meditation & Relaxation (30mins) Jane	Fight Club (60mins) Robert			

NEW

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.

HIIT-TRX

TRX meets high intensity interval training with rounds of high intensity cardio blasts followed by full body TRX workouts. 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

With the main focus on the core stability, postural alignment and precision of movement.

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.

HIIT & Yoga

Dynamic full body workout designed to strengthen and tone, using a variety of yoga exercises as well as functional movement to improve mobility. The session ends with energising yoga flow helping to aid flexibility, reduce soreness and encourage mental relaxation to bring energy and focus to your day.

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.

Akasha Holistic Wellbeing

Hotel Café Royal, 50 Regent Street, London W1B 5AS

T +44 (0)20 7406 3360

akasha@hotelcaferoyal.com

hotelcaferoyal.com