

du 31 Oct. au 05 Nov. 2023
From Oct. 31st to Nov. 5TH

	Lundi <i>Monday</i>	Mardi <i>Tuesday</i>	Mercredi <i>Wednesday</i>	Jeudi <i>Thursday</i>	Vendredi <i>Friday</i>	Samedi <i>Saturday</i>	Dimanche <i>Sunday</i>
07h00							
07H15							
07H30	Aka Soft Yoga (60 mins) 07:15						
08h 00							
08H30		Aka Circuit Training (30 mins) 08:00	Aka Cardio brûle- graisse (30 mins) 08:00	Aka Fit Yoga (60 mins) 8:00		Aka Aqua training (30 mins) 08:30	
09h 00				Aka Aqua training (30 mins) 9:00	Aka Aqua training (30 mins) 9:00	Aka Pilates (45 mins) 09:00	Aka Yoga Yin (60 mins) 8:30
09h 30							
09h 45							
10h 00						Aka Stretching (30 mins) 10:00	
10h 30							Aka Fit Yoga (60 mins) 10:30
11h 00							
11h 15							
11h 30			Aka Training haut du corps (30 mins) 11:30			Aka Cardio brûle- graisse (30 mins) 11:30	
11h 45	Aka Cardio brûle- graisse (30 mins) 11:45			Aka Training bas du corps (30 mins) 11:45			
12h 00		Aka TRX (30 mins) 12:00					
12h 15	Aka TRX (30 mins) 12:15			Aka Stretching (30 mins) 12:15	Aka "Posturologie Business" (30 mins) 12:15	Aka Aqua training (30 mins) 12:15	Aka Circuit Training (30 mins) 12:15
12h 30							
12h 45			Aka HIIT Aquatique (45 mins) 12:45				
13h 00							
13h 15							
13h 30	Aka Aqua Yoga (30 mins) 13:30		Aka Equilibre (30 mins) 13:30				
13h 45							
14h 00							
15h 00							
15h 30						Aka Cuisses abdo/fessiers	
16h 00						Aka Stretching (30 mins) 16:00	
16h 15							
16H45						Aka TRX (30 mins) 16:45	
17h 00		Aka Aqua Training (30 mins) 17:00					
17h 45							Aka Cardio brûle- graisse (30 mins) 17:45
18h 00							
18h 15	Aka Circuit Training (30 mins) 18:15	Aka Pilates (45 mins) 18:15					Aka Stretching (30 mins) 18:15
18h 30				AKA Full Abdo (30 mins) 18:30			
18h 45	Aka "Posturologie Business" (30 mins) 18:45		Aka Swiss Ball (30 mins) 18:45		Aka Training poids du corps (30 mins) 18:45		
19h 00				AKA Cross Training (30 mins) 19:00			
19h 15	Aka Aqua training (30 mins) 19:15	Kalon Cardio Barre (60 mins) 19:15	Aka Pilates (45 mins) 19:15		AKA Cardio Boxing (30 mins) 19:15		
19h 30							
19h 45							
20h 00	Aka Yoga Yin (60 mins) 19:30						
20h 15							
20h 30							
		Élément "AIR"	Élément "TERRE"	Élément "EAU"	Élément "FEU"		

Notre programme de remise en forme est susceptible de changer et des réservations sont requises. Veuillez vous assurer de contacter le Spa Akasha pour réserver votre place à l'avance.
Our fitness schedule is subject to change and reservations are required. Please ensure you contact Akasha Spa to reserve your spot beforehand.

du 06 au 12 Novembre 2023
From November 6th to 12th

	Lundi <i>Monday</i>	Mardi <i>Tuesday</i>	Mercredi <i>Wednesday</i>	Jeudi <i>Thursday</i>	Vendredi <i>Friday</i>	Samedi <i>Saturday</i>	Dimanche <i>Sunday</i>	
07h00								
07H15	Aka Soft Yoga (60 mins) 07:15							
07H30								
08h 00		Aka Circuit Training (30 mins) 08:00	Aka Cardio brûle- graisse (30 mins) 08:00	Aka Fit Yoga (60 mins) 8:00		Aka Aqua training (30 mins) 08:30		
08H30								
09h 00				Aka Aqua training (30 mins) 9:00	Aka Aqua training (30 mins) 9:00			
09h 30								
09h 45								
10h 00						Aka Stretching (30 mins) 10:00		
10h 30							Aka Yoga Yin (60 mins) 8:30	
11h 00								
11h 15								
11h 30			Aka Training haut du corps (30 mins) 11:30			Aka Cardio brûle- graisse (30 mins) 11:30		
11h 45	Aka Cardio brûle- graisse (30 mins) 11:45			Aka Training bas du corps (30 mins) 11:45				
12h 00		Aka TRX (30 mins) 12:00						
12h 15	Aka TRX (30 mins) 12:15			Aka Stretching (30 mins) 12:15	Aka "Posturologie Business" (30 mins) 12:15	Aka Aqua training (30 mins) 12:15		
12h 30								
12h 45			Aka HIIT Aquatique (45 mins) 12:45					
13h 00								
13h 15								
13h 30	Aka Aqua Yoga (30 mins) 13:30		Aka Equilibre (30 mins) 13:30					
13h 45								
14h 00								
15h 00								
15h 30						Aka Cuisses abdo/fessiers		
16h 00						Aka Stretching (30 mins) 16:00		
16h 15								
16H45						Aka TRX (30 mins) 16:45		
17h 00		Aka Aqua Training (30 mins) 17:00						
17h 45								
18h 00								
18h 15	Aka Circuit Training (30 mins) 18:15	Aka Pilates (45 mins) 18:15						
18h 30				AKA Full Abdo (30 mins) 18:30		Aka Training poids du corps (30 mins) 18h45		
18h 45	Aka "Posturologie Business" (30 mins) 18:45		Aka Swiss Ball (30 mins) 18:45					
19h 00				AKA Cross Training (30 mins) 19:00				
19h 15	Aka Aqua training (30 mins) 19:15	Kalon Barre (60 mins) 19:15	Aka Pilates (45 mins) 19:15			AKA Cardio Boxing (30 mins) 19h15		
19h 30								
19h 45								
20h 00	Aka Yoga Yin (60 mins) 19:30							
20h 15								
20h 30								

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du 13 au 19 Novembre 2023
From November 13th to 19th

	Lundi <i>Monday</i>	Mardi <i>Tuesday</i>	Mercredi <i>Wednesday</i>	Jeudi <i>Thursday</i>	Vendredi <i>Friday</i>	Samedi <i>Saturday</i>	Dimanche <i>Sunday</i>
07h00							
07H15							
07H30	Aka Soft Yoga (60 mins) 07:15						
08h 00							
08H30		Aka Circuit Training (30 mins) 08:00	Aka Cardio brûle- graisse (30 mins) 08:00	Aka Fit Yoga (60 mins) 8:00		Aka Aqua training (30 mins) 08:30	
09h 00				Aka Aqua training (30 mins) 9:00	Aka Aqua training (30 mins) 9:00	Aka Pilates (45 mins) 09:00	Aka Yoga Yin (60 mins) 8:30
09h 30							
09h 45							
10h 00						Aka Stretching (30 mins) 10:00	
10h 30							
11h 00							
11h 15							
11h 30			Aka Training haut du corps (30 mins) 11:30			Aka Cardio brûle- graisse (30 mins) 11:30	
11h 45	Aka Cardio brûle- graisse (30 mins) 11:45			Aka Training bas du corps (30 mins) 11:45			
12h 00		Aka TRX (30 mins) 12:00					
12h 15	Aka TRX (30 mins) 12:15			Aka Stretching (30 mins) 12:15	Aka "Posturologie Business" (30 mins) 12:15	Aka Aqua training (30 mins) 12:15	
12h 30							
12h 45			Aka HIIT Aquatique (45 mins) 12:45				
13h 00							
13h 15							
13h 30	Aka Aqua Yoga (30 mins) 13:30		Aka Equilibre (30 mins) 13:30				
13h 45							
14h 00							
15h 00							
15h 30						Aka Cuisses abdo/fessiers	
16h 00						Aka Stretching (30 mins) 16:00	
16h 15							
16H45						Aka TRX (30 mins) 16:45	
17h 00		Aka Aqua Training (30 mins) 17:00					
17h 45							
18h 00							
18h 15	Aka Circuit Training (30 mins) 18:15	Aka Pilates (45 mins) 18:15					
18h 30				AKA Full Abdo (30 mins) 18:30			
18h 45	Aka "Posturologie Business" (30 mins) 18:45		Aka Swiss Ball (30 mins) 18:45				
19h 00				AKA Cross Training (30 mins) 19:00			
19h 15	Aka Aqua training (30 mins) 19:15	Kalon Cardio Barre (60 mins) 19:15	Aka Pilates (45 mins) 19:15				
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19h 45							
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du 20 au 26 November 2023
From November 20th to 26th

	Lundi <i>Monday</i>	Mardi <i>Tuesday</i>	Mercredi <i>Wednesday</i>	Jeudi <i>Thursday</i>	Vendredi <i>Friday</i>	Samedi <i>Saturday</i>	Dimanche <i>Sunday</i>
07h00							
07H15							
07H30	Aka Soft Yoga (60 mins) 07:15						
08h 00		Aka Circuit Training (30 mins) 08:00	Aka Cardio brûle- graisse (30 mins) 08:00	Aka Fit Yoga (60 mins) 8:00		Aka Aqua training (30 mins) 08:30	
08H30							
09h 00				Aka Aqua training (30 mins) 9:00	Aka Aqua training (30 mins) 9:00		
09h 30							
09h 45							
10h 00						Aka Stretching (30 mins) 10:00	
10h 30							Aka Fit Yoga (60 mins) 10:30
11h 00							
11h 15							
11h 30			Aka Training haut du corps (30 mins) 11:30			Aka Cardio brûle- graisse (30 mins) 11:30	
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12h 00		Aka TRX (30 mins) 12:00					
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12h 30							
12h 45			Aka HIIT Aquatique (45 mins) 12:45				
13h 00							
13h 15							
13h 30	Aka Aqua Yoga (30 mins) 13:30		Aka Equilibre (30 mins) 13:30				
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14h 00							
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15h 30						Aka Cuisses abdo/fessiers	
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du 27 Nov. au 03 Dec. 2023
From November 27 to Dec. 03rd 2023

	Lundi <i>Monday</i>	Mardi <i>Tuesday</i>	Mercredi <i>Wednesday</i>	Jeudi <i>Thursday</i>	Vendredi <i>Friday</i>	Samedi <i>Saturday</i>	Dimanche <i>Sunday</i>
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08H30							
09h 00				Aka Aqua training (30 mins) 9:00	Aka Aqua training (30 mins) 9:00	Aka Pilates (45 mins) 09:00	Aka Yoga Yin (60 mins) 8:30
09h 30							
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