

DU 1ER JANVIER AU 07 JANVIER 2023
FROM JANUARY 01ST TO JANUARY 07TH

| | LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI | SAMEDI | DIMANCHE |
|-------|--|---|---|--|--|---|---|
| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| 07H00 | | | | | | | |
| 07H15 | Aka Soft Yoga (60 mins) 07:15 | | | | | | |
| 07H30 | | | | | | | |
| 08H00 | | Aka Circuit Training (30 mins) 08:00 | Aka Cardio brûle-graisse (30 mins) 08:00 | Aka Fit yoga (60 mins) 08:00 | | Aka Aqua training (30 mins) 8:00 | |
| 08H30 | | | | | | Aka Yoga Yin (60 mins) 08:30 | |
| 09H00 | | | | Aka Aqua training (30 mins) 9:00 | Aka Aqua training (30 mins) 9:00 | | |
| 09H15 | | | | | | | Aka Pilates (45 mins) 09:15 |
| 09H30 | | | | | | | |
| 09H45 | | | | | | | |
| 10H00 | | | | | | Aka Stretching (45 mins) 10:00 | |
| 10H30 | | | | | | | Aka Fit Yoga (60 mins) 10:30 |
| 11H00 | | | | | | | |
| 11H15 | | | | | | | |
| 11H30 | | | Aka Training haut du corps (30 mins) 11:30 | | | Aka Cardio brûle-graisse (30 mins) 11:30 | |
| 11H45 | Aka Cardio brûle-graisse (30 mins) 11:45 | | | Aka Training bas du corps (30 mins) 11:45 | | | |
| 12H00 | | Aka TRX (30 mins) 12:00 | | | | | |
| 12H15 | 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 |
| 12H30 | | | | | | | |
| 12H45 | | | Aka HIIT Aquatique (45 mins) 12:45 | | | | |
| 13H00 | | | | | | | |
| 13H15 | | | | | | | |
| 13H30 | Aka Aqua Yoga (30 mins) 13:30 | | Aka Equilibre (30 mins) 13:30 | | Aka HIIT Aquatique (45 mins) 13:15 | | |
| 13H45 | | | | | | | |
| 14H00 | | | | | | | |
| 15H00 | | | | | | | |
| 15H30 | | | | | | Aka Cuisses abdo/fessiers Aka Stretching (30 mins) 16:00 | |
| 16H00 | | | | | | | |
| 16H15 | | | | | | | |
| 16H45 | | | | | | Aka TRX (30 mins) 16:45 | |
| 17H00 | | Aka Aqua training (30 mins) 17:00 | | | | | |
| 17H30 | Aka Aqua Training (30 mins) 17:30 | | | | | | |
| 17H45 | | | | | | | Aka Cardio brûle-graisse (30 mins) 17:45 |
| 18H00 | | | | | | | |
| 18H15 | Aka Circuit Training (30 mins) 18:15 | Aka Pilates (45 mins) 18:15 | | | | | Aka Stretching (30 mins) 18:15 |
| 18H30 | | | | AKA Full Abdo (30 mins) 18:30 | | | |
| 18H45 | Aka Posturologie Business (30 mins) 18:45 | | Aka Swiss Ball (30 mins) 18:45 | | Aka Poids du corps (30 mins) 18:45 | | |
| 19H00 | | | | AKA Cross Training (30 mins) 19:00 | | | |
| 19H15 | | Kalon Cardio Barre (60 mins) 19:15 | Aka Pilates (45 mins) 19:15 | | | | |
| 19H30 | | | | | | | |
| 19H45 | Aka Yoga Yin (60 mins) 19:30 | | | | | | |
| 20H00 | | | | | | | |
| 20H15 | | | | | | | |
| 20H30 | | | | | | | |
| | | Élément "AIR" | Élément "TERRE" | Élément "EAU" | Élément "FEU" | | |

DU 8 JANVIER AU 14 JANVIER 2023
FROM JANUARY 08TH TO JANUARY 14TH

| | LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI | SAMEDI | DIMANCHE |
|-------|--|---|---|--|--|--|---|
| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| 07H00 | | | | | | | |
| 07H15 | Aka Soft Yoga (60 mins) 07:15 | | | | | | |
| 07H30 | | | | | | | |
| 08H00 | | Aka Circuit Training (30 mins) 08:00 | Aka Cardio brûle-graisse (30 mins) 08:00 | Aka Fit yoga (60 mins) 08:00 | | Aka Aqua training (30 mins) 8:00 | |
| 08H30 | | | | | | | Aka Yoga Yin (60 mins) 08:30 |
| 09H00 | | | | Aka Aqua training (30 mins) 9:00 | Aka Aqua training (30 mins) 9:00 | | |
| 09H15 | | | | | | Aka Pilates (45 mins) 09:15 | |
| 09H30 | | | | | | | |
| 09H45 | | | | | | | |
| 10H00 | | | | | | Aka Stretching (45 mins) 10:00 | |
| 10H30 | | | | | | | Aka Fit Yoga (60 mins) 10:30 |
| 11H00 | | | | | | | |
| 11H15 | | | | | | | |
| 11H30 | | | Aka Training haut du corps (30 mins) 11:30 | | | Aka Cardio brûle-graisse (30 mins) 11:30 | |
| 11H45 | Aka Cardio brûle-graisse (30 mins) 11:45 | | | Aka Training bas du corps (30 mins) 11:45 | | | |
| 12H00 | | Aka TRX (30 mins) 12:00 | | | | | |
| 12H15 | 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 |
| 12H30 | | | | | | | |
| 12H45 | | | Aka HIIT Aquatique (45 mins) 12:45 | | | | |
| 13H00 | | | | | | | |
| 13H15 | | | | | | | |
| 13H30 | Aka Aqua Yoga (30 mins) 13:30 | | Aka Equilibre (30 mins) 13:30 | | Aka HIIT Aquatique (45 mins) 13:15 | | |
| 13H45 | | | | | | | |
| 14H00 | | | | | | | |
| 15H00 | | | | | | | |
| 15H30 | | | | | | Aka Cuisses abdo/fessiers Aka Stretching (30 mins) 16:00 | |
| 16H00 | | | | | | | |
| 16H15 | | | | | | | |
| 16H45 | | | | | | | |
| 17H00 | | Aka Aqua training (30 mins) 17:00 | | | | Aka TRX (30 mins) 16:45 | |
| 17H30 | Aka Aqua Training (30 mins) 17:30 | | | | | | |
| 17H45 | | | | | | | |
| 18H00 | | | | | | | Aka Cardio brûle-graisse (30 mins) 17:45 |
| 18H15 | Aka Circuit Training (30 mins) 18:15 | Aka Pilates (45 mins) 18:15 | | | | | Aka Stretching (30 mins) 18:15 |
| 18H30 | | | | AKA Full Abdo (30 mins) 18:30 | | | |
| 18H45 | Aka Posturologie Business (30 mins) 18:45 | | Aka Swiss Ball (30 mins) 18:45 | | Aka Poids du corps (30 mins) 18:45 | | |
| 19H00 | | | | AKA Cross Training (30 mins) 19:00 | | | |
| 19H15 | | | | | | | |
| 19H30 | | Kalon Cardio Barre (60 mins) 19:15 | Aka Pilates (45 mins) 19:15 | | | | |
| 19H45 | | | | | | | |
| 20H00 | Aka Yoga Yin (60 mins) 19:30 | | | | | | |
| 20H15 | | | | | | | |
| 20H30 | | | | | | | |
| | | Élément "AIR" | Élément "TERRE" | Élément "EAU" | Élément "FEU" | | |

DU 15 JANVIER AU 21 JANVIER 2023
FROM JANUARY 15TH TO JANUARY 21ST

| | LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI | SAMEDI | DIMANCHE |
|-------|--|---|---|--|--|---|---|
| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| 07H00 | | | | | | | |
| 07H15 | Aka Soft Yoga (60 mins) 07:15 | | | | | | |
| 07H30 | | | | | | | |
| 08H00 | | Aka Circuit Training (30 mins) 08:00 | Aka Cardio brûle-graisse (30 mins) 08:00 | Aka Fit yoga (60 mins) 08:00 | | Aka Aqua training (30 mins) 8:00 | |
| 08H30 | | | | | | | Aka Yoga Yin (60 mins) 08:30 |
| 09H00 | | | | Aka Aqua training (30 mins) 9:00 | Aka Aqua training (30 mins) 9:00 | | |
| 09H15 | | | | | | Aka Pilates (45 mins) 09:15 | |
| 09H30 | | | | | | | |
| 09H45 | | | | | | | |
| 10H00 | | | | | | Aka Stretching (45 mins) 10:00 | |
| 10H30 | | | | | | | Aka Fit Yoga (60 mins) 10:30 |
| 11H00 | | | | | | | |
| 11H15 | | | | | | | |
| 11H30 | | | Aka Training haut du corps (30 mins) 11:30 | | | Aka Cardio brûle-graisse (30 mins) 11:30 | |
| 11H45 | Aka Cardio brûle-graisse (30 mins) 11:45 | | | Aka Training bas du corps (30 mins) 11:45 | | | |
| 12H00 | | Aka TRX (30 mins) 12:00 | | | | | |
| 12H15 | 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 |
| 12H30 | | | | | | | |
| 12H45 | | | Aka HIIT Aquatique (45 mins) 12:45 | | | | |
| 13H00 | | | | | | | |
| 13H15 | | | | | | | |
| 13H30 | Aka Aqua Yoga (30 mins) 13:30 | | Aka Equilibre (30 mins) 13:30 | | Aka HIIT Aquatique (45 mins) 13:15 | | |
| 13H45 | | | | | | | |
| 14H00 | | | | | | | |
| 15H00 | | | | | | | |
| 15H30 | | | | | | Aka Cuisses abdo/fessiers Aka Stretching (30 mins) 16:00 | |
| 16H00 | | | | | | | |
| 16H15 | | | | | | | |
| 16H45 | | | | | | Aka TRX (30 mins) 16:45 | |
| 17H00 | | Aka Aqua training (30 mins) 17:00 | | | | | |
| 17H30 | Aka Aqua Training (30 mins) 17:30 | | | | | | |
| 17H45 | | | | | | | Aka Cardio brûle-graisse (30 mins) 17:45 |
| 18H00 | | | | | | | |
| 18H15 | Aka Circuit Training (30 mins) 18:15 | Aka Pilates (45 mins) 18:15 | | | | | Aka Stretching (30 mins) 18:15 |
| 18H30 | | | | AKA Full Abdo (30 mins) 18:30 | | | |
| 18H45 | Aka Posturologie Business (30 mins) 18:45 | | Aka Swiss Ball (30 mins) 18:45 | | Aka Poids du corps (30 mins) 18:45 | | |
| 19H00 | | | | AKA Cross Training (30 mins) 19:00 | | | |
| 19H15 | | | | | | | |
| 19H30 | | Kalon Cardio Barre (60 mins) 19:15 | Aka Pilates (45 mins) 19:15 | | | | |
| 19H45 | | | | | | | |
| 20H00 | Aka Yoga Yin (60 mins) 19:30 | | | | | | |
| 20H15 | | | | | | | |
| 20H30 | | | | | | | |
| | | Élément "AIR" | Élément "TERRE" | Élément "EAU" | Élément "FEU" | | |

DU 22 JANVIER AU 28 JANVIER 2023
FROM JANUARY 22ND TO JANUARY 28TH

| | LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI | SAMEDI | DIMANCHE |
|-------|--|---|---|--|--|---|---|
| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| 07H00 | | | | | | | |
| 07H15 | Aka Soft Yoga (60 mins) 07:15 | | | | | | |
| 07H30 | | | | | | | |
| 08H00 | | Aka Circuit Training (30 mins) 08:00 | Aka Cardio brûle-graisse (30 mins) 08:00 | Aka Fit yoga (60 mins) 08:00 | | Aka Aqua training (30 mins) 8:00 | |
| 08H30 | | | | | | Aka Yoga Yin (60 mins) 08:30 | |
| 09H00 | | | | Aka Aqua training (30 mins) 9:00 | Aka Aqua training (30 mins) 9:00 | | |
| 09H15 | | | | | | | Aka Pilates (45 mins) 09:15 |
| 09H30 | | | | | | | |
| 09H45 | | | | | | | |
| 10H00 | | | | | | Aka Stretching (45 mins) 10:00 | |
| 10H30 | | | | | | | |
| 11H00 | | | | | | Aka Fit Yoga (60 mins) 10:30 | |
| 11H15 | | | | | | | |
| 11H30 | | | Aka Training haut du corps (30 mins) 11:30 | | | | Aka Cardio brûle-graisse (30 mins) 11:30 |
| 11H45 | Aka Cardio brûle-graisse (30 mins) 11:45 | | | Aka Training bas du corps (30 mins) 11:45 | | | |
| 12H00 | | Aka TRX (30 mins) 12:00 | | | | | |
| 12H15 | 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 |
| 12H30 | | | | | | | |
| 12H45 | | | | | | | |
| 13H00 | | | Aka HIIT Aquatique (45 mins) 12:45 | | | | |
| 13H15 | | | | | | | |
| 13H30 | Aka Aqua Yoga (30 mins) 13:30 | | Aka Equilibre (30 mins) 13:30 | | Aka HIIT Aquatique (45 mins) 13:15 | | |
| 13H45 | | | | | | | |
| 14H00 | | | | | | | |
| 15H00 | | | | | | | |
| 15H30 | | | | | | Aka Cuisses abdo/fessiers Aka Stretching (30 mins) 16:00 | |
| 16H00 | | | | | | | |
| 16H15 | | | | | | | |
| 16H45 | | | | | | Aka TRX (30 mins) 16:45 | |
| 17H00 | | Aka Aqua training (30 mins) 17:00 | | | | | |
| 17H30 | Aka Aqua Training (30 mins) 17:30 | | | | | | |
| 17H45 | | | | | | Aka Cardio brûle-graisse (30 mins) 17:45 | |
| 18H00 | | | | | | | |
| 18H15 | Aka Circuit Training (30 mins) 18:15 | Aka Pilates (45 mins) 18:15 | | | | Aka Stretching (30 mins) 18:15 | |
| 18H30 | | | | AKA Full Abdo (30 mins) 18:30 | | | |
| 18H45 | Aka Posturologie Business (30 mins) 18:45 | | Aka Swiss Ball (30 mins) 18:45 | | Aka Poids du corps (30 mins) 18:45 | | |
| 19H00 | | | | AKA Cross Training (30 mins) 19:00 | | | |
| 19H15 | | Kalon Cardio Barre (60 mins) 19:15 | Aka Pilates (45 mins) 19:15 | | | | |
| 19H30 | | | | | | | |
| 19H45 | Aka Yoga Yin (60 mins) 19:30 | | | | | | |
| 20H00 | | | | | | | |
| 20H15 | | | | | | | |
| 20H30 | | | | | | | |
| | | Élément "AIR" | Élément "TERRE" | Élément "EAU" | Élément "FEU" | | |

DU 29 JANVIER AU 04 FÉVRIER 2023
FROM JANUARY 29TH TO FEBRUARY 04TH

| | LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI | SAMEDI | DIMANCHE | |
|-------|--|---|---|--|--|---|---|--|
| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | |
| 07H00 | | | | | | | | |
| 07H15 | Aka Soft Yoga (60 mins) 07:15 | | | | | | | |
| 07H30 | | | | | | | | |
| 08H00 | | Aka Circuit Training (30 mins) 08:00 | Aka Cardio brûle-graisse (30 mins) 08:00 | Aka Fit yoga (60 mins) 08:00 | | Aka Aqua training (30 mins) 8:00 | | |
| 08H30 | | | | | | Aka Yoga Yin (60 mins) 08:30 | | |
| 09H00 | | | | Aka Aqua training (30 mins) 9:00 | Aka Aqua training (30 mins) 9:00 | | | |
| 09H15 | | | | | | | | |
| 09H30 | | | | | | Aka Pilates (45 mins) 09:15 | | |
| 09H45 | | | | | | | | |
| 10H00 | | | | | | Aka Stretching (45 mins) 10:00 | | |
| 10H30 | | | | | | | Aka Fit Yoga (60 mins) 10:30 | |
| 11H00 | | | | | | | | |
| 11H15 | | | | | | | | |
| 11H30 | | | Aka Training haut du corps (30 mins) 11:30 | | | Aka Cardio brûle-graisse (30 mins) 11:30 | | |
| 11H45 | Aka Cardio brûle-graisse (30 mins) 11:45 | | | Aka Training bas du corps (30 mins) 11:45 | | | | |
| 12H00 | | Aka TRX (30 mins) 12:00 | | | | | | |
| 12H15 | 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 | |
| 12H30 | | | | | | | | |
| 12H45 | | | | | | | | |
| 13H00 | | | Aka HIIT Aquatique (45 mins) 12:45 | | | | | |
| 13H15 | | | | | | | | |
| 13H30 | Aka Aqua Yoga (30 mins) 13:30 | | Aka Equilibre (30 mins) 13:30 | | Aka HIIT Aquatique (45 mins) 13:15 | | | |
| 13H45 | | | | | | | | |
| 14H00 | | | | | | | | |
| 15H00 | | | | | | | | |
| 15H30 | | | | | | Aka Cuisses abdo/fessiers Aka Stretching (30 mins) 16:00 | | |
| 16H00 | | | | | | | | |
| 16H15 | | | | | | | | |
| 16H45 | | | | | | Aka TRX (30 mins) 16:45 | | |
| 17H00 | | Aka Aqua training (30 mins) 17:00 | | | | | | |
| 17H30 | Aka Aqua Training (30 mins) 17:30 | | | | | | | |
| 17H45 | | | | | | | Aka Cardio brûle-graisse (30 mins) 17:45 | |
| 18H00 | | | | | | | | |
| 18H15 | Aka Circuit Training (30 mins) 18:15 | Aka Pilates (45 mins) 18:15 | | | | | Aka Stretching (30 mins) 18:15 | |
| 18H30 | | | | Aka Full Abdo (30 mins) 18:30 | | | | |
| 18H45 | Aka Posturologie Business (30 mins) 18:45 | | Aka Swiss Ball (30 mins) 18:45 | | Aka Poids du corps (30 mins) 18:45 | | | |
| 19H00 | | | | Aka Cross Training (30 mins) 19:00 | | | | |
| 19H15 | | | | | | | | |
| 19H30 | Aka Yoga Yin (60 mins) 19:30 | Kalon Cardio Barre (60 mins) 19:15 | Aka Pilates (45 mins) 19:15 | | | | | |
| 19H45 | | | | | | | | |
| 20H00 | | | | | | | | |
| 20H15 | | | | | | | | |
| 20H30 | | | | | | | | |

Élément "AIR"
Élément "TERRE"
Élément "EAU"
Élément "FEU"