

du 06 mai au 12 mai 2024								
From may 06th to may 12th 2024								
	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
07h 00								
07H 15	Aka Soft Yoga (60 mins) 07:15							
07H 30								
08h 00		Aka Circuit Training (30 mins) 08:00	Aka Cardio brûle- graisse (30 mins) 08:00	Aka Fit yoga (60 mins) 08:00				
08H 30						Aka Aqua training (30 mins) 8:30	Aka Yoga Yin (60 mins) 08:30	
09h 00			Aka Aqua training (30 mins) 9:00					
09H 15					Aka Pilates (45 mins) 09:15			
09h 30				Aka Aqua training (30 mins) 9:30				
09h 45					Aka Stretching (45 mins) 10:00			
10h 00						Aka Fit Yoga (60 mins) 10:30		
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 Cuisses abdo/fessiers (30 mins) 12:00			Aka Posturologie Business (30 mins) 12:00			
12h 15	Aka TRX (30 mins) 12:15			Aka Stretching (30 mins) 12:15		Aka Aqua training (30 mins) 12:15	Aka Circuit Training (30 mins) 12:15	
12h 30			Aka HIIT Aquatique (45 mins) 12:30		Aka HIIT Aquatique (45 mins) 12:30			
12h 45								
13h 00								
13h 15	Aka Aqua Yoga (40 mins) 13:15							
13h 30			Aka Equilibre (30 mins) 13:30					
13h 45								
14h 00								
15h 00								
15h 30						Aka Cuisses abdo/fessiers Aka Stretching (30 mins) 16:00		
16h 00								
16h 15								
16H 45						Aka TRX (30 mins) 16:45		
17h 00		Aka Aqua training (30 mins) 17:00						
17H 30	Aka Aqua Training (30 mins) 17:30							
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 Poids du corps (30 mins) 18:45			
19h 00				AKA Cross Training (30 mins) 19:00				
19h 15								
19h 30			Aka Pilates (45 mins) 19:15					
19h 45	Aka Yoga Yin (60 mins) 19:30	Kalon Barre ㊦ (60 mins) 19:15						
20h 00								
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.  
 uired. Please ensure you contact Akasha Spa to reserve your spot beforehand.





du 27 mai au 2 juin 2024							
From may 27th to 2rd june 2024							
	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07h 00							
07H 15	Aka Soft Yoga (60 mins) 07:15						
07H 30							
08h 00		Aka Circuit Training (30 mins) 08:00	Aka Cardio brûle- graisse (30 mins) 08:00	Aka Fit yoga (60 mins) 08:00			
08H 30					Aka Soft yoga (60min) 08:30	Aka Aqua training ( 30 mins) 8:30	Aka Yoga Yin (60 mins) 08:30
09h 00				Aka Aqua training ( 30 mins) 9:00			
09H 15					Aka Pilates (45 mins) 09:15		
09h 30					Aka Aqua training ( 30 mins) 9:30		
09h 45							
10h 00							
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12h 15	Aka TRX (30 mins) 12:15			Aka Stretching (30 mins) 12:15		Aka Aqua training ( 30 mins) 12:15	
12h 30						Aka Circuit Training (30 mins) 12:15	
12h 45			Aka HIIT Aquatique ( 45 mins) 12:30		Aka HIIT Aquatique ( 45 mins) 12:30		
13h 00							
13h 15	Aka Aqua Yoga ( 30 mins) 13:15						
13h 30			Aka Equilibre (30 mins) 13:30				
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19h 45	Aka Yoga Yin (60 mins) 19:30	Kalon Barre ㊟ (60 mins) 19:15					
20h 00							
20h 15							
20h 30							
		Élément "AIR"	Élément "TERRE"	Élément "EAU"	Élément "FEU"		

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