

du 2 au 8 septembre 2024
From september 2nd to september 8th

	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							
08h00		Aka Circuit Training (30 mins) 08:00	Aka Cardio brûle-graisse (30 mins) 08:00	Aka Fit Yoga (60 mins) 8:00				
08H30					Aka Soft Yoga (60 mins) 08:30	Aka Aqua training (30 mins) 8:30	Aka Yoga Yin (60 mins) 08:30	
09h00				Aka Aqua training (30 mins) 9:00				
09H15								
09h30					Aka Aqua training (30 mins) 9:30	Aka Pilates (45 mins) 09:15		
09h45								
10h00								
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 Cuisses abdo/fessiers (30 mins) 12:00			Aka Cuisses abdo/fessiers (30 mins) 12:00			
12h15	Aka TRX (30 mins) 12:15			Aka Stretching (30 mins) 12:15		Aka Aqua training (30 mins) 12:15		
12h30							Aka Stretching (30 mins) 12:30	
12h45			Aka HIIT Aquatique (45 mins) 12:30		Aka HIIT Aquatique (45 mins) 12:30			
13h00								
13h15	Aka Aqua training (30 mins) 13:15							
13h30								
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16h00								
16h15								
16H45								
17h00		Aka Aqua training (30 mins) 17:00						
17H30								
17h45							Aka Cardio brûle-graisse (30 mins) 17:45	
18h00						Aka Cuisses abdo/fessiers (30 mins) 18:00		
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 Poids du corps (30 mins) 18:45			
19h00			Aka Abdo/fessiers (30 mins) 19:00	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) 19:30					
19h45								
20h00								
20h15								
20h30								
		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.
 quired. Please ensure you contact Akasha Spa to reserve your spot beforehand.*

du 9 au 15 septembre 2024
From september 9th to september 15th

	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							
08h00		Aka Circuit Training (30 mins) 08:00	Aka Cardio brûle-graisse (30 mins) 08:00	Aka Fit Yoga (60 mins) 8:00				
08H30					Aka Aqua training (30 mins) 8:30	Aka Yoga Yin (60 mins) 08:30		
09h00			Aka Aqua training (30 mins) 9:00	Aka Soft Yoga (60 mins) 08:30	Aka Pilates (45 mins) 09:15			
09H15								
09h30					Aka Aqua training (30 mins) 9:30			
09h45								
10h00								
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 Cuisses abdo/fessiers (30 mins) 12:00			Aka Cuisses abdo/fessiers (30 mins) 12:00			
12h15	Aka TRX (30 mins) 12:15			Aka Stretching (30 mins) 12:15		Aka Aqua training (30 mins) 12:15		
12h30							Aka Stretching (30 mins) 12:30	
12h45			Aka HIIT Aquatique (45 mins) 12:30		Aka HIIT Aquatique (45 mins) 12:30			
13h00								
13h15	Aka Aqua training (30 mins) 13:15							
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16H45								
17h00		Aka Aqua training (30 mins) 17:00						
17H30								
17h45							Aka Cardio brûle-graisse (30 mins) 17:45	
18h00						Aka Cuisses abdo/fessiers (30 mins) 18:00		
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 Poids du corps (30 mins) 18:45			
19h00			Aka Abdo/fessiers (30 mins) 19:00	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) 19:30					
19h45								
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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.

quired. Please ensure you contact Akasha Spa to reserve your spot beforehand.

du 16 au 22 septembre 2024
From september 16th to september 22nd

	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							
08h00		Aka Circuit Training (30 mins) 08:00	Aka Cardio brûle-graisse (30 mins) 08:00	Aka Fit Yoga (60 mins) 8:00				
08H30	Aka Soft Yoga (60 mins) 08:30				Aka Aqua training (30 mins) 8:30	Aka Yoga Yin (60 mins) 08:30		
09h00			Aka Aqua training (30 mins) 9:00					
09H15								
09h30					Aka Aqua training (30 mins) 9:30	Aka Pilates (45 mins) 09:15		
09h45								
10h00						Aka Stretching (30 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 Cuisses abdo/fessiers (30 mins) 12:00			Aka Cuisses abdo/fessiers (30 mins) 12:00			
12h15	Aka TRX (30 mins) 12:15			Aka Stretching (30 mins) 12:15		Aka Aqua training (30 mins) 12:15		
12h30							Aka Stretching (30 mins) 12:30	
12h45			Aka HIIT Aquatique (45 mins) 12:30		Aka HIIT Aquatique (45 mins) 12:30			
13h00								
13h15	Aka Aqua training (30 mins) 13:15							
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17h00		Aka Aqua training (30 mins) 17:00						
17H30								
17h45							Aka Cardio brûle-graisse (30 mins) 17:45	
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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				
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quired. Please ensure you contact Akasha Spa to reserve your spot beforehand.

du 23 au 29 septembre 2024
From september 23rd to september 29th

	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							
08h00		Aka Circuit Training (30 mins) 08:00	Aka Cardio brûle- graisse (30 mins) 08:00	Aka Fit Yoga (60 mins) 8:00				
08H30	Aka Soft Yoga (60 mins) 08:30				Aka Aqua training (30 mins) 8:30	Aka Yoga Yin (60 mins) 08:30		
09h00			Aka Aqua training (30 mins) 9:00					
09H15								
09h30					Aka Aqua training (30 mins) 9:30	Aka Pilates (45 mins) 09:15		
09h45								
10h00						Aka Stretching (30 mins) 10:00		
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12h00		Aka Cuisses abdo/fessiers (30 mins) 12:00			Aka Cuisses abdo/fessiers (30 mins) 12:00			
12h15	Aka TRX (30 mins) 12:15			Aka Stretching (30 mins) 12:15		Aka Aqua training (30 mins) 12:15		
12h30							Aka Stretching (30 mins) 12:30	
12h45			Aka HIIT Aquatique (45 mins) 12:30		Aka HIIT Aquatique (45 mins) 12:30			
13h00								
13h15	Aka Aqua training (30 mins) 13:15							
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17h00		Aka Aqua training (30 mins) 17:00						
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18h30				AKA Full Abdo (30 mins) 18:30				
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du 30 septembre au 6 octobre 2024

From september 30th to october 6th

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07h00							
07H15							
07H30	Aka Soft Yoga (60 mins) 07:15						
08h00		Aka Circuit Training (30 mins) 08:00	Aka Cardio brûle- graisse (30 mins) 08:00	Aka Fit Yoga (60 mins) 8:00			
08H30					Aka Soft Yoga (60 mins) 08:30	Aka Aqua training (30 mins) 8:30	Aka Yoga Yin (60 mins) 08:30
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09H15						Aka Pilates (45 mins) 09:15	
09h30					Aka Aqua training (30 mins) 9:30		
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10h00						Aka Stretching (30 mins) 10:00	
10h30							Aka Fit Yoga (60 mins) 10:30
11h00							
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12h15	Aka TRX (30 mins) 12:15			Aka Stretching (30 mins) 12:15		Aka Aqua training (30 mins) 12:15	
12h30							Aka Stretching (30 mins) 12:30
12h45			Aka HIIT Aquatique (45 mins) 12:30		Aka HIIT Aquatique (45 mins) 12:30		
13h00							
13h15	Aka Aqua training (30 mins) 13:15						
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17h00		Aka Aqua training (30 mins) 17:00					
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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			
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19h00			Aka Abdo/fessiers (30 mins) 19:00	AKA Cross Training (30 mins) 19:00			
19h15							
19h30	Aka Yoga Yin (60 mins) 19:30	Kalon Cardio Barre (60 mins) 19:15					
19h45			Aka Pilates (45 mins) 19:30				
20h00							
20h15							
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