







DU 25 NOVEMBRE AU 1ER DÉCEMBRE 2024 FROM NOVEMBER 25TH TO DECEMBER 1ST							
	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 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						Aka Pilates (45 mins) 09:15	
09H30					Aka Aqua training (30 mins) 9:30		
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 Stretching (30 mins) 12:15			Aka Stretching (30 mins) 12:15		Aka Aqua training (30 mins) 12:15	
12H30			Aka HIIT Aquatique (45 mins) 12:30		Aka HIIT Aquatique (45 mins) 12:30		Aka Stretching (30 mins) 12:30
12H45							
13H00							
13H15	Aka Aqua training (30 mins) 13:15						
13H30							
13H45							
14H00							
15H00							
15H30							
16H00							
16H15							
16H45							
17H00		Aka Aqua training (30 mins) 17:00					
17H30							
17H45							
18H00						Aka Cuisses abdo/fessiers (30 mins) 18:00	Aka Cardio brûle- graisse (30 mins) 17:45
18H15	Aka Circuit Training (30 mins) 18:15						Aka Stretching (30 mins) 18:15
18H30							
18H45					Aka Poids du corps (30 mins) 18:45		
19H00			Aka Abdo/fessiers (30 mins) 19:00	Aka Cuisses abdo/fessiers (45 mins) 19:00			
19H15							
19H30							
19H45	Aka Yoga Yin (60 mins) 19:30		Aka Pilates (45 mins) 19:30				
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. Please ensure you contact Akasha Spa to reserve your spot beforehand.							