

**DU 30 DECEMBRE AU 05 JANVIER 2025**  
**FROM DECEMBER 30TH TO JANUARY 5TH**

	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					
08H30						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						Aka Stretching (30 mins) 10:00	
10H00							
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 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							Aka Cardio brûle- graisse (30 mins) 17:45
18H00						Aka Cuisses abdo/fessiers (30 mins) 18:00	Aka Stretching (30 mins) 18:15
18H15	Aka Circuit Training (30 mins) 18:15	Aka Pilates (45 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							
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.  
 uired. Please ensure you contact Akasha Spa to reserve your spot beforehand.*

**DU 6 JANVIER AU 12 JANVIER 2025**  
**FROM JANUARY 6TH TO JANUARY 12TH**

	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 Fit Yoga (60 mins) 08:00			
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						Aka Stretching (30 mins) 10:00	
10H00							Aka Fit Yoga (60 mins) 10:30
10H30							
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							Aka Cardio brûle- graisse (30 mins) 17:45
18H00						Aka Cuisses abdo/fessiers (30 mins) 18:00	Aka Stretching (30 mins) 18:15
18H15	Aka Circuit Training (30 mins) 18:15	Aka Pilates (45 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		Kalon Cardio Barre (60 mins) 19:15					
19H30			Aka Pilates (45 mins) 19:30				
19H45	Aka Yoga Yin (60 mins) 19:30						
20H00							
20H15							
20H30							

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

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

**DU 13 JANVIER AU 19 JANVIER 2025**  
**FROM JANUARY 13RD TO JANUARY 19TH**

	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 Fit Yoga (60 mins) 08:00			
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						Aka Stretching (30 mins) 10:00	
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 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							Aka Cardio brûle- graisse (30 mins) 17:45
18H00						Aka Cuisses abdo/fessiers (30 mins) 18:00	Aka Stretching (30 mins) 18:15
18H15	Aka Circuit Training (30 mins) 18:15	Aka Pilates (45 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		Kalon Cardio Barre (60 mins) 19:15					
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"

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

DU 20 JANVIER AU 26 JANVIER 2025							
FROM JANUARY 20TH TO JANUARY 26TH							
	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07H00							
07H15							
07H30							
08H00		<b>Aka Circuit Training</b> (30 mins) 08:00		<b>Aka Fit Yoga</b> (60 mins) 08:00			
08H30					<b>Aka Soft Yoga</b> (60 mins) 08:30	<b>Aka Aqua training</b> (30 mins) 8:30	<b>Aka Yoga Yin</b> (60 mins) 08:30
09H00				<b>Aka Aqua training</b> (30 mins) 9:00			
09H15						<b>Aka Pilates</b> (45 mins) 09:15	
09H30					<b>Aka Aqua training</b> (30 mins) 9:30		
09H45							
10H00						<b>Aka Stretching</b> (30 mins) 10:00	
10H30							
11H00							<b>Aka Fit Yoga</b> (60 mins) 10:30
11H15							
11H30			<b>Aka Training haut du corps</b> (30 mins) 11:30			<b>Aka Cardio brûle-graisse</b> (30 mins) 11:30	
11H45	<b>Aka Cardio brûle-graisse</b> (30 mins) 11:45			<b>Aka Training bas du corps</b> (30 mins) 11:45			
12H00		<b>Aka Cuisses abdo/fessiers</b> (30 mins) 12:00			<b>Aka Cuisses abdo/fessiers</b> (30 mins) 12:00		
12H15	<b>Aka Stretching</b> (30 mins) 12:15			<b>Aka Stretching</b> (30 mins) 12:15		<b>Aka Aqua training</b> (30 mins) 12:15	
12H30			<b>Aka HIIT Aquatique</b> (45 mins) 12:30		<b>Aka HIIT Aquatique</b> (45 mins) 12:30		<b>Aka Stretching</b> (30 mins) 12:30
12H45							
13H00							
13H15	<b>Aka Aqua training</b> (30 mins) 13:15						
13H30							
13H45							
14H00							
15H00							
15H30							
16H00							
16H15							
16H45							
17H00		<b>Aka Aqua training</b> (30 mins) 17:00					
17H30							
17H45							<b>Aka Cardio brûle-graisse</b> (30 mins) 17:45
18H00						<b>Aka Cuisses abdo/fessiers</b> (30 mins) 18:00	<b>Aka Stretching</b> (30 mins) 18:15
18H15	<b>Aka Circuit Training</b> (30 mins) 18:15	<b>Aka Pilates</b> (45 mins) 18:15					
18H30							
18H45					<b>Aka Poids du corps</b> (30 mins) 18:45		
19H00			<b>Aka Abdo/fessiers</b> (30 mins) 19:00	<b>Aka Cuisses abdo/fessiers</b> (45 mins) 19:00			
19H15		<b>Kalon Cardio Barre</b> (60 mins) 19:15					
19H30			<b>Aka Pilates</b> (45 mins) 19:30				
19H45	<b>Aka Yoga Yin</b> (60 mins) 19:30						
20H00							
20H15							
20H30							
		<b>Élément "AIR"</b>	<b>Élément "TERRE"</b>	<b>Élément "EAU"</b>	<b>Élément "FEU"</b>		
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DU 27 JANVIER AU 2 FEVRIER 2025 FROM JANUARY 27TH FEBRUARY 2ND							
	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 Fit Yoga (60 mins) 08:00			
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							
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 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							Aka Cardio brûle- graisse (30 mins) 17:45
18H00						Aka Cuisses abdo/fessiers (30 mins) 18:00	Aka Stretching (30 mins) 18:15
18H15	Aka Circuit Training (30 mins) 18:15	Aka Pilates (45 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		Kalon Cardio Barre (60 mins) 19:15					
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"		
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