

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							
09h 30					Aka Aqua training (30 mins) 9:30	Aka Pilates (45 mins) 09:15	
09h 45							
10h 00							
10h 30						Aka Stretching (45 mins) 10:00	
11h 00							
11h 15						Aka Fit Yoga (60 mins) 10:30	
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	
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				
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 3 juin au 9 juin							
From june 3rd to june 9th							
	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 Cardio brûle- graisse (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							
09h 30					Aka Aqua training (30 mins) 9:30	Aka Pilates (45 mins) 09:15	
09h 45							
10h 00						Aka Stretching (45 mins) 10:00	
10h 30							
11h 00							
11h 15						Aka Fit Yoga (60 mins) 10:30	
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 Cuisses abdo/fessiers (30 mins) 12:00		
12h 15	Aka Stretching (30 mins) 12:15			Aka Stretching (30 mins) 12:15		Aka Aqua training (30 mins) 12:15	
12h 30			Aka HIIT Aquatique (45 mins) 12:30		Aka HIIT Aquatique (45 mins) 12:30	Aka Stretching (30 mins) 12:30	
12h 45							
13h 00							
13h 15	Aka Aqua Yoga (40 mins) 13:15						
13h 30							
13h 45							
14h 00							
15h 00							
15h 30							
16h 00							
16h 15							
16H 45							
17h 00		Aka Aqua training (30 mins) 17:00					
17H 30							
17h 45							
18h 00						Aka Cardio brûle- graisse (30 mins) 17:45	
18h 15	Aka Circuit Training (30 mins) 18:15	Aka Pilates (45 mins) 18:15				Aka Cuisse abdo/fessiers (30 mins) 18:00	
18h 30				AKA Full Abdo (30 mins) 18:30		Aka Stretching (30 mins) 18:15	
18h 45					Aka Poids du corps (30 mins) 18:45		
19h 00			Aka Cuisses abdo/fessiers (30 mins) 19:00	AKA Cross Training (30 mins) 19:00			
19h 15							
19h 30		Kalon Barre 拳 (60 mins) 19:15					
19h 45			Aka Pilates (45 mins) 19:30				
20h 00	Aka Yoga Yin (60 mins) 19:30						
20h 15							
20h 30							
		Élément "AIR"	Élément "TERRE"	Élément "EAU"	Élément "FEU"		

Du 10 juin au 16 juin From June 10th to June 16th							
	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 Cardio brûle- graisse (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							
10h 30						Aka Stretching (45 mins) 10:00	
11h 00							
11h 15						Aka Fit Yoga (60 mins) 10:30	
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 Cuisses abdo/fessiers (30 mins) 12:00		
12h 15	Aka Stretching (30 mins) 12:15			Aka Stretching (30 mins) 12:15		Aka Aqua training (30 mins) 12:15	
12h 30						Aka Stretching (30 mins) 12:30	
12h 45			Aka HIIT Aquatique (45 mins) 12:30		Aka HIIT Aquatique (45 mins) 12:30		
13h 00							
13h 15	Aka Aqua Yoga (40 mins) 13:15						
13h 30							
13h 45							
14h 00							
15h 00							
15h 30							
16h 00							
16h 15							
16H 45							
17h 00		Aka Aqua training (30 mins) 17:00					
17H 30							
17h 45							
18h 00						Aka Cardio brûle- graisse (30 mins) 17:45	
18h 15	Aka Circuit Training (30 mins) 18:15	Aka Pilates (45 mins) 18:15				Aka Cuisses abdo/fessiers (30 mins) 18:00	
18h 30				AKA Full Abdo (30 mins) 18:30		Aka Stretching (30 mins) 18:15	
18h 45					Aka Poids du corps (30 mins) 18:45		
19h 00			Aka Cuisses abdo/fessiers (30 mins) 19:00	AKA Cross Training (30 mins) 19:00			
19h 15							
19h 30		Kalon Barre 體 (60 mins) 19:15					
19h 45			Aka Pilates (45 mins) 19:30				
20h 00	Aka Yoga Yin (60 mins) 19:30						
20h 15							
20h 30							
		Élément "AIR"	Élément "TERRE"	Élément "EAU"	Élément "FEU"		
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Du 17 juin au 23 juin From June 17th to June 23rd							
	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 Cardio brûle- graisse (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	Aka Soft yoga (60min) 08:30		
09h 15					Aka Pilates (45 mins) 09:15		
09h 30					Aka Aqua training (30 mins) 9:30		
09h 45							
10h 00						Aka Stretching (45 mins) 10:00	
10h 30							
11h 00							Aka Fit Yoga (60 mins) 10:30
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 Cuisses abdo/fessiers (30 mins) 12:00		
12h 15	Aka Stretching (30 mins) 12:15			Aka Stretching (30 mins) 12:15		Aka Aqua training (30 mins) 12:15	
12h 30			Aka HIIT Aquatique (45 mins) 12:30		Aka HIIT Aquatique (45 mins) 12:30		Aka Stretching (30 mins) 12:30
12h 45							
13h 00							
13h 15	Aka Aqua Yoga (40 mins) 13:15						
13h 30							
13h 45							
14h 00							
15h 00							
15h 30							
16h 00							
16h 15							
16h 45							
17h 00		Aka Aqua training (30 mins) 17:00					
17h 30							
17h 45							
18h 00						Aka Cuisses abdo/fessiers (30 mins) 18:00	Aka Cardio brûle- graisse (30 mins) 17:45
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 Poids du corps (30 mins) 18:45		
19h 00			Aka Cuisses abdo/fessiers (30 mins) 19:00	AKA Cross Training (30 mins) 19:00			
19h 15							
19h 30		Kalon Barre 垫 (60 mins) 19:15					
19h 45	Aka Yoga Yin (60 mins) 19:30		Aka Pilates (45 mins) 19:30				
20h 00							
20h 15							
20h 30							
		Élément "AIR"	Élément "TERRE"	Élément "EAU"	Élément "FEU"		
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unired. Please ensure you contact Akasha Spa to reserve your spot beforehand.							

Du 24 juin au 30 juin							
From June 24th to June 30th							
	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07h 00							
07H 15							
07H 30							
08 h 00		Aka Cardio brûle-graisse (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						Aka Stretching (45 mins) 10:00	
10h 30							
11h 00							Aka Fit Yoga (60 mins) 10:30
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 Cuisses abdo/fessiers (30 mins) 12:00		
12h 15	Aka Stretching (30 mins) 12:15			Aka Stretching (30 mins) 12:15		Aka Aqua training (30 mins) 12:15	
12h 30			Aka HIIT Aquatique (45 mins) 12:30		Aka HIIT Aquatique (45 mins) 12:30		Aka Stretching (30 mins) 12:30
12h 45							
13h 00							
13h 15							
13h 30							
13h 45							
14h 00							
15h 00							
15h 30							
16h 00							
16h 15							
16H 45							
17h 00		Aka Aqua training (30 mins) 17:00					
17H 30							
17h 45							Aka Cardio brûle-graisse (30 mins) 17:45
18 h 00						Aka Cuisses abdo/fessiers (30 mins) 18:00	Aka Stretching (30 mins) 18:15
18 h 15	Aka Circuit Training (30 mins) 18:15	Aka Pilates (45 mins) 18:15					
18 h 30				AKA Full Abdo (30 mins) 18:30			
18 h 45					Aka Poids du corps (30 mins) 18:45		
19 h 00			Aka Cuisses abdo/fessiers (30 mins) 19:00	AKA Cross Training (30 mins) 19:00			
19 h 15							
19 h 30		Kalon Barre 卷 (60 mins) 19:15					
19 h 45			Aka Pilates (45 mins) 19:30				
20 h 00	Aka Yoga Yin (60 mins) 19:30						
20 h 15							
20 h 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.							
unired. Please ensure you contact Akasha Spa to reserve your spot beforehand.							