du 1er au 7 juillet 2024
From july 1st to july 7th 2024

	Lundi *Monday*	Mardi *Tuesday*	Mercredi *Wednesday*	Jeudi *Thursday*	Vendredi *Friday*	Samedi *Saturday*	Dimanche *Sunday*
07h 00							
07H 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	
09h 00				Aka Aqua training (30 mins) 9:00			
09H 15							
09h 30					Aka Aqua training (30 mins) 9:30		
09h 45							
10h 00						Aka Stretching (45 mins) 10:00	
10h 30							Aka Fit Yoga (60 mins) 10:30
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 Cuisses abdo/fessiers (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 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 training (30 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							Aka Cardio brûle-graisse (30 mins) 17:45
18h 00						Aka Cuisses abdo/fessiers (30 mins) 18:00	
18h 15	Aka Circuit Training (30 mins) 18:15	Aka Cuisses abdo/fessiers (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 Poids du corps (30 mins) 18:45		
19h 00			Aka Abdo/fessiers (30 mins) 19:00	AKA Cross Training (30 mins) 19:00			
19h 15		Kalon Barre® (60 mins) 19:15					
19h 30	Aka Yoga Yin (60 mins) 19:30		Aka Pilates (45 mins) 19:30				
19h 45							
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 8 au 14 juillet 2024

From july 8th to july 14th 2024

	Lundi *Monday*	Mardi *Tuesday*	Mercredi *Wednesday*	Jeudi *Thursday*	Vendredi *Friday*	Samedi *Saturday*	Dimanche *Sunday*
07h 00							
07H 15							
07H 30							
08h 00		Aka Circuit Training (30 mins) 08:00	Aka Cardio brûle-graisse (30 mins) 08:00				
08H 30						Aka Aqua training (30 mins) 8:30	
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							
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 TRX (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 training (30 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							Aka Cardio brûle-graisse (30 mins) 17:45
18h 00						Aka Cuisses abdo/fessiers (30 mins) 18:00	
18h 15	Aka Circuit Training (30 mins) 18:15	Aka Cuisses abdo/fessiers (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 Poids du corps (30 mins) 18:45		
19h 00			Aka Abdo/fessiers (30 mins) 19:00	AKA Cross Training (30 mins) 19:00			
19h 15		Kalon Barre® (60 mins) 19:15					
19h 30	Aka Yoga Yin (60 mins) 19:30		Aka Pilates (45 mins) 19:30				
19h 45							
20h 00							
20h 15							
20h 30							
		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 15 au 21 juillet 2024

From july 15th to july 21st 2024

	Lundi *Monday*	Mardi *Tuesday*	Mercredi *Wednesday*	Jeudi *Thursday*	Vendredi *Friday*	Samedi *Saturday*	Dimanche *Sunday*
07h 00							
07H 15							
07H 30							
08h 00		Aka Circuit Training (30 mins) 08:00	Aka Cardio brûle-graisse (30 mins) 08:00				
08H 30						Aka Aqua training (30 mins) 8:30	
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							
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 TRX (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 (30 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							Aka Cardio brûle-graisse (30 mins) 17:45
18h 00						Aka Cuisses abdo/fessiers (30 mins) 18:00	
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 Poids du corps (30 mins) 18:45		
19h 00			Aka Abdo/fessiers (30 mins) 19:00	AKA Cross Training (30 mins) 19:00			
19h 15							
19h 30			Aka Pilates (45 mins) 19:30				
19h 45							
20h 00							
20h 15							
20h 30							
		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 22 au 28 juillet 2024

From july 22nd to july 28th 2024

	Lundi *Monday*	Mardi *Tuesday*	Mercredi *Wednesday*	Jeudi *Thursday*	Vendredi *Friday*	Samedi *Saturday*	Dimanche *Sunday*
07h 00							
07H 15							
07H 30							
08h 00		Aka Circuit Training (30 mins) 08:00	Aka Cardio brûle-graisse (30 mins) 08:00				
08H 30						Aka Aqua training (30 mins) 8:30	
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							
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 TRX (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 (30 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							Aka Cardio brûle-graisse (30 mins) 17:45
18h 00						Aka Cuisses abdo/fessiers (30 mins) 18:00	
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 Poids du corps (30 mins) 18:45		
19h 00			Aka Abdo/fessiers (30 mins) 19:00	AKA Cross Training (30 mins) 19:00			
19h 15							
19h 30			Aka Pilates (45 mins) 19:30				
19h 45							
20h 00							
20h 15							
20h 30							
		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 29 juillet au 4 aout 2024

From july 29th to august 4th 2024

	Lundi *Monday*	Mardi *Tuesday*	Mercredi *Wednesday*	Jeudi *Thursday*	Vendredi *Friday*	Samedi *Saturday*	Dimanche *Sunday*
07h 00							
07H 15							
07H 30							
08h 00		Aka Circuit Training (30 mins) 08:00	Aka Cardio brûle-graisse (30 mins) 08:00				
08H 30						Aka Aqua training (30 mins) 8:30	
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							
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 TRX (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 (30 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							Aka Cardio brûle-graisse (30 mins) 17:45
18h 00						Aka Cuisses abdo/fessiers (30 mins) 18:00	
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 Poids du corps (30 mins) 18:45		
19h 00			Aka Abdo/fessiers (30 mins) 19:00	AKA Cross Training (30 mins) 19:00			
19h 15							
19h 30			Aka Pilates (45 mins) 19:30				
19h 45							
20h 00							
20h 15							
20h 30							
		Élément "AIR"	Élément "TERRE"	Élément "EAU"	Élément "FEU"		

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