

DU 2 DECEMBRE AU 08 DECEMBRE 2024
FROM DECEMBER 2ND TO DECEMBER 8TH

	LUNDI MONDAY	MARDI TUESDAY	MERCREDI WEDNESDAY	JEUDI THURSDAY	VENDREDI FRIDAY	SAMEDI SATURDAY	DIMANCHE 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						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	
18H15	Aka Circuit Training (30 mins) 18:15						Aka Stretching (30 mins) 18:15
18H30		Aka Pilates (45 mins) 18:15					
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"		
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. <i>uiured. Please ensure you contact Akasha Spa to reserve your spot beforehand.</i>							

**DU 9 DECEMBRE AU 15 DECEMBRE 2024
FROM DECEMBER 9TH TO DECEMBER 15TH**

	LUNDI MONDAY	MARDI TUESDAY	MERCREDI WEDNESDAY	JEUDI THURSDAY	VENDREDI FRIDAY	SAMEDI SATURDAY	DIMANCHE SUNDAY
07H00							
07H15	Aka Soft Yoga (60 mins) 07:15						
07H30							
08H00		Aka Circuit Training (30 mins) 08:00					
08H30							
09H00				Aka Aqua training (30 mins) 9:00	Aka Soft Yoga (60 mins) 08:30	Aka Aqua training (30 mins) 8:30	
09H15							
09H30					Aka Aqua training (30 mins) 9:30		
09H45							
10H00						Aka Stretching (30 mins) 10:00	
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							
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 Pilates (45 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		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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DU 16 DECEMBRE AU 22 DECEMBRE 2024
FROM DECEMBER 16TH TO DECEMBER 22ND

	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					
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							
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							
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 23 DECEMBRE AU 29 DECEMBRE 2024
FROM DECEMBER 23RD TO DECEMBER 29TH

	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					
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							
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							
19H45			Aka Pilates (45 mins) 19:30				
20H00							
20H15							
20H30							
		Élément "AIR"	Élément "TERRE"	Élément "EAU"	Élément "FEU"		

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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							
07H30	Aka Soft Yoga (60 mins) 07:15						
08H00		Aka Circuit Training (30 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							
11H00							
11H15							Aka Fit Yoga (60 mins) 10:30
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"

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