



AKASHA

SPA AND FITNESS

HOLISTIC WELLBEING

CLASS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:30			Hatha Flow Yoga 60min Jane	Dynamic Flow 60min Josephine			
07:45							
10:30						Restorative Yoga 90min Jane	
12:30	Strong Lower Body 45min Dogan	Sound healing 60min Viktoria	Strong Upper Body 45min Dogan	Elemental Yoga 60min Josephine	Full Body Workout 45min Dogan	Restorative Yoga 90min Jane	Energizing Full- Body Boost 45min Dogan
12:45							
13:15							Active meditation 60mins Viktoria
18:00	Circuit Training 45min Dogan	Legs, Glutes & Abs 45min Dogan	Strike Fit 60min Vasile	Vinyasa 60min Ferdie	Karate Box Combat 45min Dogan	Jiu-Jitsu Fit Flow 60min Vasile	Yin Yoga 60min Jane
18:45	Assisted stretch 45min Dogan	Assisted stretch 45min Dogan			Assisted stretch 45min Dogan		

AKASHA OPENING HOURS

Monday to Sunday

07:15 -21:00

Class Descriptions

Lower/Upper Body Workout

Functional training such as resistance exercises and body weight movements can help you become stronger, more flexible, agiler and better equipped to handle day-to-day feats of strength and athleticism. Using varied tempos and resistance to challenge your body's upper, lower and core muscles

Legs, Glutes & Abs

This class is designed to focus on muscle groups performing a variety of exercises that strengthen the abdomen, legs and glutes.

Energising Full Body Boost

This calorie-torching full body morning workout routine will give your body the morning boost it needs – the ideal workout to start the day with.

Karate Box Combat

Is a karate & boxing mixed class, while honouring the fighting traditions by adapting them into a modern martial art workout. It helps to develop improved balance, posture, flexibility and strength.

Circuit Training

Combination of six or more exercises performed with short rest periods between them for either a set number of repetitions or a prescribed amount of time.

Strike Fit

In this immersive self-defence class, you will engage in exciting drills designed to sharpen reflexes and hone your muscle memory. Feel the rush as you internalize defence techniques, ensuring they become second nature when you need the most. With each practice session, you will forge an unbreakable bond between mind and body, ready to face and challenge that comes your way.

Jiu-Jitsu Fit Flow

Step into the captivating world of Brazilian Jui-Jitsu (BJJ) and unlock the secrets of ground fighting and submission holds. Our Jiu-Jitsu Fit Flow class is a transformative experience guided by Vasile Fusile, who has a wealth of experience un teaching Martial Arts. You will dive deep into the intricate techniques and principles of this revered martial art, enhancing your physical and mental strength.

Sound Healing

Producing with the metal bowls a deep, penetrating sound through vibration which relaxes and repairs the mind, reduces stress, anger, depression, fatigue, lowers blood pressure. Improves sleep, relaxation, concentration and creativity

Vinyasa

A connection between movement and breath, the connection between poses in a flowing sequence. In vinyasa yoga, each movement is synchronized with a breath. The breath is given primacy, acting as an anchor as you move from one pose to the next.

Restorative Yoga

Restorative Yoga is a passive form of yoga that seeks to achieve physical, mental and emotional relaxation with the aid of props.

Elemental Yoga

Go on a beautiful guided yoga journey through the elements to find your true centre. Explore what element you need the most at this moment in time and receive guidance on how to make lasting changes for an even brighter future.

Dynamic Flow

A lively style of yoga that features fluid movements, focusing on body awareness and involves much more dynamic asanas. The practice also focuses on the union of the mind, body and spirit.

Yin Yoga

A stilling, relaxing and meditative practice. Yin Yoga focuses on releasing the connective tissue within the body. Typically postures are held for longer periods with the use of props for support.

Active Meditation

Non-traditional meditation techniques to experience the meditative state through breathing exercise, music, body movement and dancing

Assisted Stretch

Our assisted stretching class is an essential component to maintaining optimum health. It supports our joints and muscles as well as our emotional health by reducing stress levels in the body. The benefits of stretching include increased range of motion and flexibility, improved posture, improved circulation, stress relief and pain relief

Akasha Holistic Wellbeing

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