

# CLASS TIMETABLE

Akasha opening hours  
Monday to Sunday 07:15 to 21:00



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>07:30</b> Holistic Flow Yoga (Tina)	<b>07:30</b> Yin Yoga (Jane)	<b>07:30</b> Hatha Flow Yoga & Breathwork (Jane)	<b>07:30</b> Dynamic Yoga (Katie)			
<b>08:45</b> HIIT and Meditate (Maria)	<b>08:00</b> Morning Power HIIT (Fitness Coach)	<b>08:45</b> Hatha Flow Yoga & Breathwork (Jane)	<b>08:00</b> Strength 360 (Fitness Coach)	<b>09:00</b> Seasonal Energy Yoga (Josephine)	<b>09:00</b> Dynamic Yoga (Jane)	
<b>12:30</b> Functional Lower Body Workout (Fitness Coach)	<b>11:15</b> Holistic Flow Yoga (Jane)	<b>12:30</b> Functional Lower Body Workout (Fitness Coach)	<b>08:45</b> Soulful Yoga (Katie)	<b>11:15</b> Pilates (Josephine)	<b>10:30</b> Restorative (Jane)	
<b>12:30</b> Yoga and Oracle (Josephine)	<b>12:00</b> Full Body SCULPT (Pearl)	<b>12:30</b> Yogalates (Josephine)	<b>12:30</b> Elemental Yoga (Josephine)	<b>12:30</b> Full Body Workout (Fitness Coach)	<b>12:30</b> Restorative (Jane)	<b>12:30</b> Energising Full-Body Boost (Fitness Coach)
<b>13:45</b> Pilates (Josephine)	<b>12:30</b> Yin Yoga (Jane)		<b>18:00</b> Karate Box Combat (Fitness Coach)			<b>13:30</b> Hatha Yin Fusion Yoga (Maria)
<b>18:00</b> Circuit Training (Fitness Coach)	<b>18:00</b> Legs, Glutes & Abs (Fitness Coach)	<b>18:00</b> Guided Meditation & Sound Healing (Maria)	<b>18:45</b> Assisted Stretch (Fitness Coach)	<b>18:00</b> Yin Yoga (Jane)		
<b>18:45</b> Assisted Stretch (Fitness Coach)	<b>18:45</b> Theragun Fitness Recovery Class (Fitness Coach)	<b>18:30</b> Meroula Method (Meroula)	<b>19:00</b> Full Body SCULPT (Meroula)	<b>19.00</b> Yoga Nidra (Jane)		