

# CLASS TIMETABLE

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



AKASHA

INSPIRING WELLBEING

|       | MONDAY                                                                         | TUESDAY                                                         | WEDNESDAY                                                                                       | THURSDAY                                                            | FRIDAY                            | SATURDAY                      | SUNDAY                                  |
|-------|--------------------------------------------------------------------------------|-----------------------------------------------------------------|-------------------------------------------------------------------------------------------------|---------------------------------------------------------------------|-----------------------------------|-------------------------------|-----------------------------------------|
| 07:30 | Holistic Flow Yoga<br>(60 mins)                                                | Yin Yoga<br>(60 mins)<br><br>Morning Vitality HIIT<br>(30 mins) | Hatha Flow Yoga & Breathwork<br>(60 mins)<br><br>Full Body Strength & Conditioning<br>(45 mins) | Dynamic Yoga<br>(60 mins)<br><br>Morning Vitality HIIT<br>(30 mins) |                                   |                               |                                         |
| 08:00 |                                                                                | Morning Power HIIT<br>(45 mins)                                 |                                                                                                 | Strength 360<br>(45 mins)                                           |                                   |                               |                                         |
| 08:45 | Vinyasa Yoga<br>(60 mins)                                                      |                                                                 | Hatha Flow Yoga & Breathwork<br>(60 mins)                                                       | Soulful Yoga<br>(60 mins)                                           |                                   |                               |                                         |
| 09:00 |                                                                                |                                                                 |                                                                                                 |                                                                     | Seasonal Energy Yoga<br>(60 mins) | Dynamic Yoga<br>(60 mins)     |                                         |
| 10:30 |                                                                                |                                                                 |                                                                                                 |                                                                     |                                   | Restorative Yoga<br>(90 mins) |                                         |
| 11:15 |                                                                                | Holistic Flow Yoga<br>(60 mins)                                 |                                                                                                 |                                                                     | Pilates<br>(60 mins)              |                               |                                         |
| 11:30 |                                                                                |                                                                 |                                                                                                 |                                                                     |                                   |                               | Kids Fitness<br>(45 mins)               |
| 12:00 |                                                                                | Full Body SCULPT<br>(50 mins)                                   |                                                                                                 |                                                                     |                                   |                               |                                         |
| 12:30 | Functional Lower Body Workout<br>(45 mins)<br><br>Yoga and Oracle<br>(60 mins) | Yin Yoga<br>(60 mins)                                           | Functional Lower Body Workout<br>(45 mins)<br><br>Yogalates<br>(60 mins)                        | Elemental Yoga<br>(60 mins)                                         | Full Body Workout<br>(45 mins)    | Restorative Yoga<br>(90 mins) | Energising Full-Body Boost<br>(45 mins) |
| 13:30 |                                                                                |                                                                 |                                                                                                 |                                                                     |                                   |                               | Hatha Yin Fusion Yoga<br>(60 mins)      |
| 13:45 | Pilates<br>(60 mins)                                                           |                                                                 |                                                                                                 |                                                                     |                                   |                               |                                         |
| 18:00 | Circuit Training<br>(45 mins)                                                  | Legs, Glutes & Abs<br>(45 mins)                                 | Exhale Breathwork<br>(60 mins)                                                                  | Karate Box Combat<br>(45 mins)                                      | Yin Yoga<br>(60 mins)             |                               |                                         |
| 18:30 |                                                                                |                                                                 | Meroula Method Body Sculpt<br>(50 mins)                                                         |                                                                     |                                   |                               |                                         |
| 18:45 | Assisted Stretch<br>(45 mins)                                                  | Theragun Fitness Recovery Class<br>(45 mins)                    |                                                                                                 | Assisted Stretch<br>(60 mins)                                       |                                   |                               |                                         |
| 19:00 |                                                                                |                                                                 |                                                                                                 | Full Body SCULPT<br>(50 mins)                                       | Yoga Nidra<br>(60 mins)           |                               |                                         |

# AKASHA CLASS DESCRIPTIONS

## Assisted Stretch

Guided stretching to enhance flexibility, reduce tension, and improve mobility.

## Circuit Training

Rotating strength and cardio exercises with minimal rest for a fast-paced, effective workout.

## Dynamic Yoga

Strength-focused yoga combining powerful poses and breathwork to boost energy and focus.

## Elemental Yoga

Explore movement through the elements to find balance and inner harmony.

## Energising Full Body Boost

A full-body workout to increase energy, challenge endurance, and strengthen all major muscle groups.

## Flow To Restore

Begins with energising vinyasa before moving into restorative stretches for balance and calm.

## Full Body SCULPT

A dynamic Pilates-inspired workout to tone the entire body and build core strength.

## Functional Body Workout

Resistance and bodyweight exercises to build strength, mobility, and agility.

## Guided Meditation and Sound Healing

Relaxing meditation enhanced with sound therapy for deep peace and mindfulness.

## Hatha Flow Yoga & Breathwork

A mindful blend of movement and breath to restore balance and clarity. This steady Hatha flow deepens postures, releases tension, and reconnects body and mind through calming breathwork.

## Hatha Yin Fusion Yoga

A seamless blend of two complementary traditions - the mindful strength and alignment of Hatha, and the deep, restorative stillness of Yin. This class begins with purposeful movement and breath to awaken the body and steady the mind.

## HIIT and Meditate

Combines high-intensity training with meditation for a complete physical and mental reset.

## Holistic Flow Yoga

A balanced session combining gentle flow, pranayama, and meditation to start your week mindfully.

## Karate Box Combat

Learn basic self-defence and striking techniques while improving fitness and coordination.

## Kids Fitness

Perfect for ages 5–12, this fun 45-minute session builds confidence, balance, and coordination through imaginative games, playful circuits, and team activities.

## Legs, Glutes & Abs

Experience a dynamic mix of exercises designed to stimulate the power in your abdomen, legs, and backside.

## Meroula Method

A low-impact fusion of yoga, Pilates, and strength training for full-body conditioning.

## Mixed Martial Arts

Builds confidence and coordination through striking drills, defence, and strength training.

## Morning Power HIIT

High-intensity intervals to boost energy, build strength, and improve endurance in minimal time.

## Morning Vitality

A quick, high-energy HIIT session to awaken the body, sharpen focus, and energise your morning.

## Pilates

Strengthens core and improves posture through precise, controlled movements for better alignment and balance.

## Restorative Yoga

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

## Restorative Yoga Nidra

A form of guided meditation that induces physical, mental, and emotional relaxation. This class will be guided in a restorative yoga posture.

## Seasonal Energy Yoga

Inspired by Ayurveda, the ancient Indian science of life, this yoga practice harmonises body and mind with the energy of each season.

## Soulful Yoga

A calming, intuitive yoga practice focused on gentle movement and mindful breath.

## Strength 360

Builds total-body strength and endurance through weights, resistance, and functional movement.

## Therabody Fitness Recovery Class

Gentle recovery session using Therabody tools and mindful breathing to release tension.

## Yin Yoga

A slow, meditative practice with long-held poses to release tension and improve flexibility.

## Yoga and Oracle

A gentle yoga flow guided by Rose Oracle cards to inspire intuition and inner connection.

## Yogalates

Combines the strength of Pilates with the flexibility of yoga for a balanced, full-body workout.