

# CLASS TIMETABLE

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



INSPIRING WELLBEING

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