



AKASHA

SPA

GYM EQUIPMENT LIST

Cardio Equipment

Treadmill
Cross Trainer
Upright Bike
Peloton Bike
PowerMill Climber
Rowing Machine

Strength Equipment

Leg Press
Lat Pulldown Machine
Back Extension Bench
Multi-Adjustable Bench
Dumbbell & Kettlebell Rack
Hammer Training Bar

Functional Training

Stability Ball
Cardio Exercise Mat
Plyometric Box

Fitness Spaces

Gymnasium
Yoga Studio
Boxing & Fitness Studio
Stretching Studio

Gym Opening Hours - 24/7