

# CLASS TIMETABLE

Akasha Opening Hours  
Monday to Sunday 7:15 AM to 9:00 PM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30 AM	<b>Holistic Yoga Flow</b> Tina - 60 min	<b>Yin Yoga</b> Jane - 60 min	<b>Hatha Flow Yoga</b> Jane - 60 min	<b>Dynamic Flow Yoga</b> Josephine - 60 min			
10:30 AM						<b>Restorative Yoga</b> Jane - 90 min	
12:30 PM	<b>Functional Lower Body Workout</b> Dogan - 45 min  <b>Pilates</b> Josephine - 60 min	<b>Sound Healing</b> Viktoria - 60 min	<b>Functional Upper Body Workout</b> Dogan - 45 min  <b>Holistic Flow Yoga</b> Jane - 60 min	<b>Elemental Yoga</b> Josephine - 60 min	<b>Full Body Workout</b> Dogan - 45 min  <b>Soulful Yoga</b> Josephine - 60 min	<b>Restorative Yoga</b> Jane - 90 min	<b>Energising Full Body Boost</b> Dogan - 45 min
6:00 PM	<b>Circuit Training</b> Dogan - 45 min	<b>Legs, Glutes &amp; Abs</b> Dogan - 45 min	<b>Vinyassa Yoga</b> Katie - 60 min	<b>Karate Box Combat</b> Dogan - 60 min	<b>Mixed Martial Arts</b> Vasile - 60 min  <b>Yin Yoga</b> Jane - 60 min		
6:45 PM	<b>Assisted Stretch</b> Dogan - 45 min	<b>Therabody Recovery Class</b> Dogan - 45 min		<b>Assisted Stretch</b> Dogan - 45 min			
7:00 PM					<b>Restorative Yoga Nidra</b> Jane - 60 min		

## CLASS DESCRIPTIONS

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### Functional 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

Experience a dynamic mix of exercises meticulously designed to stimulate the power in your abdomen, legs, and backside for a workout that is as exhilarating as it is effective.

### Karate Box Combat

Get in shape and learn self-defence with a class is designed to introduce fundamental drills, basic offensive and defensive footwork, and the proper form of punches, kicks, knees, and elbows. All combined with cardio and conditioning.

### Energising Full Body Boost

This calorie-torching full body workout routine is specifically designed to give your body the boost it needs to kickstart your week. By incorporating a mix of full-body movements, this class will challenge your core, legs, arms, and shoulders, providing a comprehensive workout experience.

### Circuit Training

Circuit training is a 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.

### Mixed Martial Arts

In this immersive self-defence class, you will engage in exciting drills designed to sharpen your reflexes and hone your muscle memory. With each practice session, you'll forge an unbreakable bond between mind and body, ready to face any challenge that comes your way.

### Holistic Yoga Flow

Elevate your mornings with a specially curated session of Holistic Flow Yoga, a bespoke approach which combines balanced dynamics and soothing restorative practices to create the perfect start to your week, including pranayama and meditation.

### Vinyasa Yoga Nidra

In this class, you will experience a continuous flow of yoga postures, smoothly transitioning from one pose to the next. The emphasis is on the connection between breath and motion, creating a moving meditation that enhances flexibility, strength, and mindfulness. Vinyasa offers a harmonious blend of challenge and relaxation, making it suitable for practitioners of all levels.

### 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. Suitable for all abilities.

### Therabody Fitness Recovery Class

Designed to provide a tranquil unique blend of fitness recovery. This class will incorporate Therabody's state of the art recovery products to relax both the mind and body. Join us in our yoga studio as Dogan guides you through mindful breathing exercises to soothe both body and mind.

### 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. A one-hour practice is said to equate to four hours of sleep. This class will be guided in a restorative yoga posture.

### 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.