



| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------|------------------------------|------------------------------------|-----------------------------|--------------------------------|-------------------------|---------------------------|---|
| 07:30 | Open Air Training (60min) | TRX (30 mins) | | | Ashtanga Yoga (60 mins) | | |
| 08:00 | | | Morning Flow Yoga (60 mins) | | | | |
| 09:00 | Body Shape (60 mins) | Pilates (60 mins) | Aqua Aerobic (60 mins) | Body Shape (60 mins) | Pilates (60 mins) | | City Circuit (30 minutes) |
| 09:00 | Vinyasa Yoga (60 mins) | Total Workout (60 mins) | Boxing (60 mins) | | Total Workout (60 mins) | Pilates (60 mins) | |
| 09:30 | | | Yin Yoga (60 mins) | | | | |
| 10:00 | | Pilates (60 mins) | | Pilates Flow (60 mins) | | Pilates (60 mins) | Yin Yoga (60 minutes) |
| 10:15 | Aqua Aerobic (60 mins) | | | | | | |
| 10:15 | Strong Flow Yoga (60 mins) | | | | | | |
| 11:00 | | | | Strong Flow Yoga (60 mins) | | Vinyasa Yoga (60 minutes) | |
| 18:00 | | Vinyasa Yoga (60 mins) | Ashtanga Yoga (60 mins) | Introduction to Yoga (60 mins) | | | Evening Flow Yoga (60 minutes) |
| 19:00 | | Abs, Legs & Butt Workout (30 mins) | | | Core Training (15 mins) | TRX (30 minutes) | |
| 19:30 | Kineticode Pilates (30 mins) | | Pilates (60 mins) | | | | |
| 20:00 | | | Boxing (60 mins) | Yin Yoga (60 mins) | | | High Intensity Interval Training (30 minutes) |

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Class Descriptions

BBB

30 minute strengthening exercises mainly focusing on legs, butt and belly.

BODYSHAPE

This is a low impact class that will tone up all the muscles around the core and focuses on the 'problem' areas of the glutes, legs and abs.

BOXING

Have fun with an intense workout and unleash your inner warrior! In this class you will learn different boxing techniques and also work on your stamina and strength.

CIRCUIT TRAINING

30 minute well balanced full body workout using different sorts of gym equipment.

CORE TRAINING

During this 30 minute workout we focus on all the muscles in the centre of your body; abs, oblique's, lower back and glutes, also known as your 'core'. Core muscles are the foundation of your body, and with this workout you will make sure that your core is up for any task.

TOTAL BODY WORKOUT

An effective workout that concentrates on your body as a whole. This class will help you tone and tighten your entire body. The total body workout is a great way to stay fit, healthy, and energetic.

TRX CIRCUIT

In this fun and challenging 30 minute workout we will use the TRX suspension trainer and your own body weight to strengthen and tone all the muscles in your body.

AQUA AEROBIC

A great way to stretch yourself and strengthen your body with variety of exercises in the water. During this class we will use the natural resistance of water to tone the muscles and improve your stamina.

EVENING FLOW YOGA

Calm down your body and mind. After a long day, this is the perfect preparation for a deep and good night's sleep.

INTRODUCTION TO YOGA

New to Yoga? This class is the perfect way to begin with and to get acquainted with the basics of Yoga. Yoga Basics encourages proper alignment of the body and brings balance, strength, and calmness to the being.

KINETICODE® PILATES

A vigorous, highly focused total-body workout. KinetiCode®Pilates targets the deepest muscles in the body, utilising the classical Pilates, functional training and movement research knowledge. Achieve a lean, flexible, athletic body, improving your posture, core stability, balance and performance skills.

MEDITATION

Meditation is silence, concentration that leads to expansion of your consciousness. Consisting of variety of different meditation and breathing techniques this class is suitable for both advanced and beginners.

MINDFULNESS FOR BEGINNERS

Designed for those who are interested in meditation. Starting from basic level giving you the tools to learn how to relax and be self-conscious.

MORNING FLOW YOGA

A great day starts with a great morning. In 60 minutes you'll get the blood pumping and work out all the stiffness, cramping, and tightness that is often left in the body after hours of laying still.

PILATES

Pilates is a combination of yoga, strong abdominal work and stretching. Pilates focuses on improving your flexibility, strength and balance while enhancing your posture and focus.

PILATES FLOW

A perfect balanced mat class designed by KinetiCode®Pilates. Achieve an evenly, long, strong, lean body. Develop breath and fluidity of movement while advancing core stability, overall strength and flexibility. Using precise exercises progressions focus on better posture alignment, muscles control, coordination, a decrease in neck, shoulders and back tensions, and less stressed feeling.

STRONG FLOW YOGA

Do you like a challenge by practicing yoga and feeling that you've worked out? Burn out the impurities trapped in the physical body through a strong flowing yoga posture practice, followed by pranayama and meditation to help calm the nervous system and still the mind.

VIJŪĀNA YOGA

In this type of yoga we work from the inside out, meaning, you will get in contact with your body and you will learn to recognize the boundaries or openings of your body.

VINYASA YOGA

Vinyasa means 'breath-synchronised movement'. In this class you will flow from one posture to the next. Vinyasa tends to be a more vigorous form of yoga.

YIN YOGA

Yin yoga is a slower style of yoga where the poses are held for several minutes. It is a great practice if you are interested in increasing your flexibility on a deeper level. The yin yoga poses apply moderate stress to the connective tissue and increases the circulations of the joints. Yin yoga is a meditative approach of yoga where the aim is to create inner silence and peace within.

OPEN AIR

Energizing workout in the Vondelpark using all kinds of obstacles to strengthen the muscles and improve endurance.

