



# AKASHA

	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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