



AKASHA

Class Timetable



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.30am		Sunrise Yoga (60mins) Jane	Core Pilates (60mins) Agi		Mat Pilates (60mins) Darren		
12.00pm						Restorative Yoga (90mins) Jane	
12.30pm	Box Fit (45mins) Matthew	TRX (45mins) Tiago Hatha Flow Yoga (60mins) Jane	Power Circuit Class (45mins) Matthew	Yoga Basics (60mins) Marta Power Circuit Class (45mins) Matthew	TRX (45mins) Tiago		
13.15pm							Inner Peace Practice (60mins) Marta
18.15pm	Functional Circuits (45mins) James	Fight Club (60mins) Robert			Fight Club (60mins) Robert		
18.30pm	Hatha Flow Yoga (60mins) Marta		Dynamic Hatha Yoga (60mins) Jane HIIT-TRX (60mins) Tiago	The Long Ride (60mins) Tiago			
19.00pm	Calisthenics (45mins) James						
19.15pm		Deep Stretch (45mins) Agi					
19.30pm	Meditation & Relaxation (30mins) Marta		Meditation & Relaxation (30mins) Jane				

Class Descriptions

The Long Ride

Get the heart pumping on a stationary bike as you climb, sprint and train to a motivational playlist.

Functional Circuits

High tempo athletic circuits. A mix of body weight movements, kettle bells, TRX and beginners calisthenics to challenge your mobility, core strength and movement ability, while stoking your metabolism.

Calisthenic Bodyweight Foundations

Begin your journey towards the gymnastic bodyweight moves and holds of calisthenics. Build dramatic core strength and improve stability of the key joints involved in a fun beginners group.

Fight Club

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.

Box Fit

Stress busting and great for conditioning, this boxing based fitness class incorporates pad and bag work mixed with a circuit based fitness element.

Power Circuit Class

Full body dynamic workouts incorporating a variety of equipment with Tempo and rep changes. Build muscle, get fit and burn fat all in one class!

HIIT-TRX

TRX meets high intensity interval training with rounds of high intensity cardio blasts followed by full body TRX work outs. Go as hard as you can and test your limits.

Meditation & Relaxation

Relax and increase your overall sense of well-being with ancient meditation techniques, the perfect antidote to daily stress.

Sunrise Yoga

Begin the day by realigning your mind and body with yoga at sunrise. A series of postures known as asanas flow dynamically together to strengthen, stretch and relax.

Yoga Basics

For those new to yoga this class begins with the basics; postures and breathing techniques. Emphasis is on personal instruction and provides a solid foundation before embarking on further yoga disciplines.

Hatha Flow Yoga

Promoting harmony and balance for body, mind and spirit, this yoga class integrates postures with breathing exercises, relaxation and meditation.

Dynamic Hatha Yoga

A blend of static and flowing postures builds strength, stamina, flexibility and balance. Breath with movement is synchronised to leave you feeling calm and centred.

Mat Pilates

This class is perfect for those who sit at a desk all day and need to realise tension from the shoulders and protect the lower back. Using a range of gentle remedial but challenging movements based on tried and tested exercises that have proven a great relief to many people who have suffered from back and shoulder pain.

Inner Peace Practise

"A gentle practice that combines stress and tension releasing movement, breath exercises, guided relaxation and meditation with emphasis on body, breath and mind awareness".

Core Pilates

With the main focus on the core stability, postural alignment and precision of movement.

Restorative Yoga

Restorative Yoga is a passive form of yoga that seeks to achieve physical, mental and emotional relaxation with the aid of props.

Deep Stretch

A class designed to improve flexibility and length of the muscle very often forgotten in the daily life and gym training.

AKASHA HOLISTIC WELLBEING CENTRE

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SHINING THROUGH