

# La Santé Fitness & Yoga Schedule

ORGANIC WELLNESS SPA

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0700-0800	Fitness Walk (Hard)	Fitness Walk (Hard)	Fitness Walk (Hard)	Fitness Walk (Hard)	Fitness Walk (Hard)	Fitness Walk (Hard)	Fitness Walk (Hard)
0800-0900	Morning Awakening Yoga (Beginner)	Dynamic Stretching	Morning Awakening Yoga (Beginner)	Morning Awakening Yoga (Beginner)	Morning Awakening Yoga (Beginner)	Morning Awakening Yoga (Beginner)	Morning Awakening Yoga (Beginner)
0900-1000	Fitness Walk (Medium)	Fitness Walk (Medium)	Fitness Walk (Medium)	Fitness Walk (Medium)	Fitness Walk (Medium)	Fitness Walk (Medium)	Fitness Walk (Medium)
	Morning Awakening Yoga (Intermediate/Advance)		Morning Awakening Yoga (Intermediate/Advance)	Morning Awakening Yoga (Intermediate/Advance)	Morning Awakening Yoga (Intermediate/Advance)	Morning Awakening Yoga (Intermediate/Advance)	Morning Awakening Yoga (Intermediate/Advance)
1100-1200	Strength Circuit	Muay Thai	Metabolic Conditioning Training	Power Yoga	Hi-Lo Jam	Metabolic Conditioning Training	Fitness Combat
	Yoga Weight Loss		Yoga Detox		Pranayama Meditation	Ashtanga Yoga	Pranayama
1500-1600	Fitness Combat	HIIT	Core & Balance	Sound Therapy Yoga	HIIT	Muay Thai	Animal Flow
	Yoga Stretch		Vinyasa Flow		Classic Yoga	Gentle Yoga	Kids Yoga
1600-1700	Fitness Walk (Easy)	Fitness Walk (Easy)	Fitness Walk (Easy)	Fitness Walk (Easy)	Fitness Walk (Easy)	Fitness Walk (Easy)	Fitness Walk (Easy)
	Hatha Yoga			Yoga Nidra		Kids Yoga	
1700-1800	Hatha Yoga (Advance)		Pranayama + Meditation	Core Yoga	Sun Salute	Hatha Yoga (Advance)	Pranayama + Meditation
1800-1900	Winding Down Session (Breathing + Meditation)	Winding Down Session (Stretch & Breathe)	Winding Down Session (Pranayama)	Winding Down Session (Vinyasa Flow)	Winding Down Session (Pranayama & Meditation)	Winding Down Session (Recharge Yoga)	Winding Down Session (Gentle Yoga)

### **Animal Flow**

An innovative new fitness programme that combines quadrupedal ground-based movement with elements from various bodyweight-training disciplines to create fun, challenging workout emphasizing multi-planar, fluid movement

### **Core & Balance**

The revitalizing workout that combines a series of stretching routines poses and core training with music for a thoroughly refreshing, holistic workout.

### **Dynamic Stretching**

A stretching exercise which uses the force production of muscle and body's momentum to dynamically move the joints while the muscles being stretched.

### **Fitness Combat**

A heart pumping combat based program which designed for high calorie burning session. The workouts are structured around martial arts practice, speed drills, strength & core work.

### **Fitness Walk**

- Easy - Beginners level | Distance: 2.4km.  
Route: Chateau → Colmar Tropicale → Adventure Park → Chateau
- Medium - Intermediate level | Distance: 2km.  
Route: Japanese Village → Botanical Garden.
- Hard - Advance level | Distance: 3.6km.  
Route: Chateau → Golf Course Holes 8, 9 & 10 → Chateau

### **(H.I.I.T) High Intensity Interval Training**

A workout technique that mixes bouts of all out drills with short periods of rest. It is one of the most effective methods for increasing endurance, burning calories & improving overall fitness.

### **Hi- Lo Jam**

A high and low impact movement with high energy music to boost cardiovascular endurance for a fun calorie burning session.

### **Metabolic Conditioning Training**

A method of training that involves a very high work rate, using exercises designed to burn more calories during your workout and maximize calories burned after your workout.

### **Muay Thai (Kickboxing)**

Combining kickboxing and fitness drills that will work your arms, core, and legs with its constant punching, kicking, twisting for more fun fat burning workout.

### **Stretch & Breathe**

A process of incorporating breathing techniques while stretching which allows muscles to relax and provides better elongation.

### **Strength Circuit**

A form of body conditioning or endurance training or resistance training uses high-intensity. It targets strength building and muscular endurance.

## La Santé ORGANIC WELLNESS SPA Yoga Classes

### Ashtanga

This vigorous style of yoga practice puts strength training and cardio workouts together, resulting in a healthy body with strong and clear mind.

### Breathing + Meditation

Powerful breathing practices followed by meditation with awareness of natural flow of breath. Highly recommended practices for people looking for more mental peace and calmness.

### Classic Yoga

A traditional yoga practice with ancient yogic techniques of proper exercise, breathing, relaxation and meditation to make all internal body system, organs and glands rejuvenated and revitalized.

### Core Yoga

A set of sequence chosen for abdominal area (Solar Plexus) in addition to various movements such as forward, backward, lateral and twisting.

### Gentle Yoga

Sequences are very useful for beginners who want to start doing yoga but do not have any experience of yoga. Suitable for all ages and size group.

### Hatha Yoga

A unique sequence that trains body, mind and breath. An excellent yoga workout for developing flexibility while creating a sense of inner calm.

### Kids Yoga

Children learn in playful way to concentrate, improve their skills, train their sense of balance and boost their overall health.

### Pranayama

Is breath exercises which clear the physical and emotional obstacles in our body to free the breath and so the flow of prana - life energy.

### Pranayama + Meditation

Powerful breathing practices followed by meditation with awareness of natural flow of breath.

### Recharge Yoga

Energise every cell of your body with systematic breathing exercises (life force energy) to feel refreshing energy throughout the day.

### Sound Therapy Yoga

Immerse yourself in a sound therapy healing based on the vibration of the human voice & soothing music with sounds of Aum.

### Sun Salute

A strong foundation for a healthy lifestyle. All major muscles are stretched and toned and to allow you to remain very active throughout the day.

### Vinyasa Flow

Practicing various challenging postures with coordination of breathing

### Yoga Stretch

An ideal sequence designed to tone major muscle group while experiencing gentle massage effect on inner organs of your body.

### Yoga Nidra

A perfect way to relax your body and mind through yogic techniques. While your body sleeps and your mind remains alert throughout the practice.

### Yoga Weight Loss

An overall slimming effect getting rid of toxins & unwanted fat from all parts of the body.

### Yoga Detox

Kapalabhati Breathing is the ultimate detox - the exhalation is designed to remove waste from your body.