

## MEET OUR TRAINER

Theo, Fitness Trainer

### *cross training*

An exercise regimen consisting of various types of exercises to reach your fitness goals. By varying your daily cardio exercises and incorporating strength training in your running / walking weekly routine, Cross - Training can help improve overall performance, prevent injury and help you stick to your program!

According to your fitness level you can choose either the "Beginners" or the "Advanced" class.



### *Trainer's Tip*

Your body needs adequate energy if you're going to get through a HIIT workout at peak intensity. Make sure you are having a nutritious breakfast 1,5- 2 hours prior to the Cross-Training class.

# ASANA fitness club



## MONDAY

11.00 -12.00 Functional Training  
12.15 -13.15 Cross Training

## TUESDAY

11.00 -12.00 Cross Training  
(beginners)  
12.15 -13.15 Cross Training  
(advanced)

## WEDNESDAY

11.00 -12.00 Functional Training  
(beginners)  
12.15 -13.15 Functional Training  
(advanced)

## THURSDAY

11.00 -12.00 Cross Training  
(beginners)  
12.15 -13.15 Cross Training  
(advanced)

## FRIDAY

11.00 -12.00 Functional Training  
(beginners)  
12.15 -13.15 Functional Training  
(advanced)

## SATURDAY

11.00 -12.00 Functional Training  
12.15 -13.15 Cross Training

 For private sessions please contact the front office or the trainer.

 Asana Fitness Club is operating from 07.00 am to 10.00 pm.



## MEET OUR TRAINER

Jenni , Yoga & Pilates Trainer

yoga

The daily yoga classes focus on the foundations of the asana practice. Each class is themed with a yogic tool to discover the body in different ways. The class can be enjoyed as a wholesome practice on it's own or easily combined with a sunrise or sunset yoga to enjoy a deeper Asana experience.

The sunrise and sunset yoga sessions bring together the wholeness of a yoga practice. The class weaves movement, alignment, breath and concentrated focus into a flow to allow the practice to come fully alive. The Sunrise sessions energize and prepare the body for the day. The Sunset sessions bring wholesomeness and relaxation to the evening hours.



pilates

Pilates is a mindful whole body exercise focusing on core strenght, flexibility, posture and balance. The deep core work strenghtens and helps in the mobility of the the spine, hips and shoulders and helps to prevent injuries, increase endurance and create a strong healthy body for life. Each Asana pilates class has a specific focus to get the best of the practice at each session.

# ASANA

yoga shala



### MONDAY

16.00 -17.00 PILATES Ring  
17.15 -18.15 YOGA Vinyasa  
18.30 -19.30 SUNSET YOGA

### TUESDAY

16.00 -17.00 PILATES Foam Roller  
17.15 -18.15 YOGA Vinyasa  
18.30 -19.30 YOGA NIDRA  
Deep relaxation

### WEDNESDAY

07.30-07.55 Meditation  
08.00 - 09.00 SUNRISE YOGA  
09.15 -10.15 YOGA Vinyasa  
10.30 -11.30 PILATES Fit Ball

### THURSDAY

08.00 - 09.00 SUNRISE YOGA  
09.15 -10.15 YOGA Vinyasa  
10.30 -11.30 PILATES Resistance Band

### FRIDAY

07.30-07.55 Meditation  
08.00 - 09.00 SUNRISE YOGA  
09.15 -10.15 YOGA Vinyasa & Yin  
10.30 -11.30 PILATES Fusion

### SUNDAY

16.00 -17.00 PILATES Miniball  
17.15 -18.15 YOGA Vinyasa & Yin  
18.30 -19.30 SUNSET YOGA

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