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| --- | --- | --- | --- | --- | --- | --- |
| Maandag | Dinsdag | Woensdag | Donderdag | Vrijdag | Zaterdag | Zondag |
|  | 9.15-10.15  Yin/Zachte Hatha yoga  **Brechtje** | 9.15-10.30  Kundalini yoga  **Linda** | 9.15-10.15  Chakra yoga  **Rox** | 9.15-10.15  Pilates  **Katrijn** | 9.45-11.00 Ashtanga yoga  **Sabine** | 10.00-11.00  Vinyasa yoga  Brechtje |
| 10.30-11.30  Hatha flow yoga  Joanna | 10.30-11.30  Zachte Hatha yoga  **Brechtje** | 10.45-11.45  Yin yoga  **Sabine** | 10.30-11.30  Yin/Vinyasa yoga  **Sabine** | 10.30-11.30  Yin yoga  **Katrijn** | 11.15-12.15  Hatha yoga  **Katrijn** | 11.15-12.15  Yin/Hatha flow yoga  Brechtje |
| 11.45-12.45  Helende yoga  Joanna | 11.45-12.45  Yin yoga  **Brechtje** | 13.15-14.15 tieneryoga  **Katrijn**  Vanaf 5/10 |  | 12.00-13.00  Zachte Hatha yoga  **Katrijn** | 12.30-13.30  Pilates  **Katrijn** | 12.30-13.30  Yin/Zachte Hatha yoga  Brechtje |
| 13.00-14.00  Pilates  Katrijn |  | 14.30-15.30  kinderyoga  **Katrijn** |  |  |  |  |
| 16.45-17.45  Yin yoga  Brechtje |  |  | 16.45-17.45  Yin/Hatha yoga  **Rox** |  |  | 16.45-17.45  Yin yoga  Sabine |
| 18.00-19.00  Zachte Hatha yoga  Brechtje | 18.00-19.00  Pilates  **Leen** |  | 18.00-19.00  Zachte Hatha yoga  **Katrijn** |  |  |  |
| 19.15-20.15  Vinyasa yoga  Brechtje | 19.15-20.15  Yin yoga  **Leen** | 19.15-20.15  Ashtanga yoga  **Sabine** | 19.15-20.15  Hatha yoga  **Katrijn** | **Workshops of Kundalini** |  |  |
| 20.30-21.30  Yin yoga  Joanna | 20.30-21.30  Yin/Vinyasa  Leen | 20.30-21.30  Yin yoga  Kristel | 20.30-21.30  Yogalates  Katrijn |  |  |  |

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***sept.-dec. 2016***