

de YOGA STUDIO

maandag	les	zaal	teacher
9.15 -10.15	FITBARRE	2	CB
10.30 -11.30	VINYASA BASIC	1	CB
18.00 -19.00	ZACHTE HATHA	1	JM
19.15 -20.15	VINYASA BASIC	1	JM
19.15 - 20.15	HERSTELLEND AERIAL	2	AB
20.30 -21.30	YIN YOGA	1	JM

dinsdag	les	zaal	teacher
9.15 -10.15	ZACHTE HATHA/YIN	1	JM
10.30 -11.30	ZACHTE HATHA	1	SL
18.00 -19.00	YIN YOGA	1	MS
18.00 -19.00	TIENERYOGA	2	GP
19.15 - 20.15	PILATES	1	JC
20.30 - 21.30	ASHTANGA	1	MV

teachers					
SL Sabine	JM Joanna	LD Linda			
AB An	IG Isabelle	MV Melita			
HS Hilde	CB Claudia	JC Jolien			
KVD Kristel	PB Paul	HV Hedwig			
SS Steve	GP Gwenda	BK Brechtje			
MS Martine					

woensdag	les	zaal	teacher
8.45 -10.15	KUNDALINI	2	LD
9.15 -10.15	VINYASA BASIC	1	CB
10.30 -11.30	YIN YOGA	1	SL
10.30 -11.30	YOGALATES	2	CB
17.30 -18.30	YIN YOGA	2	SS
17.30 -18.30	KINDERYOGA	1	GP
19.15 -20.15	QIGONG	1	HS
20.30 -21.30	TAO YIN	2	HS
20.30 -21.30	D-STRESS YOGA	1	JM

donderdag	les	zaal	teacher
9.00 -10.15	D-STRESS YOGA	1	SL
10.30 -11.30	VINYASA/YIN	1	SL
19.15 - 20.15	HATHA YOGA	1	JM
20.30 - 21.30	MEDITATIE	1	PB
20.30 - 21.30	FITBARRE	2	JC

vrijdag	les	zaal	teacher
9.15 -10.15	PILATES	1	HS
10.30 -11.30	YIN YOGA	1	BK
11.45 -12.45	ZACHTE HATHA	1	BK

zaterdag	les	zaal	teacher
9.45 -11.00	ASHTANGA	1	IG
10.00 -11.00	FITBARRE	2	HV
11.15 -12.15	YIN YOGA	1	MS
11.15 -12.15	YIN AERIAL	2	HV

zondag	les	zaal	teacher
10.30 -11.45	D-STRESS YOGA	1	SL
10.30 -11.30	VINYASA BASIC	2	KVD
12.00 -13.00	ZACHTE HATHA/YIN	1	SL

	All levels
	zachte lessen
	basis yoga
	pittige lessen
	Aerial

