

maandag	les	zaal	teacher
10.30-11.30	SOFT FLOW	1	SL
19.15-20.15	SOFT AERIAL	2	SS
19.15-20.15	VINYASA YOGA	1	KVD
20.30-21.30	YIN YOGA	1	JM

dinsdag	les	zaal	teacher
9.15-10.15	D-STRESS YOGA	1	SL
10.30-11.30	ZACHTE HATHA	1	SL
17.45-18.45	JUNIOR YOGA	2	GP
17.45-18.45	YIN YOGA	1	MS
19.00-20.00	SOFT FLOW	1	IG
19.00-20.00	YOGIRYA	2	NC
20.15-21.30	ASHTANGA HALF PR.	1	IG

teachers		
SL Sabine	JM Joanna	HV Hedwig
TT Tita	IG Isabelle	HS Hilde
SS Steve	MS Martine	KVD Kristel
SB Sabine B	NC Natasja	
GP Gwenda		

woensdag	les	zaal	teacher
9.15-10.15	YOGALATES	1	SL
10.30-11.30	YIN YOGA	1	SL
17.30-18.30	KINDERYOGA	2	GP
17.30-18.30	YIN YOGA	1	SS
19.00-20.00	PILATES	1	KVD
19.15-20.15	QIGONG	2	HS
20.30-21.30	D-STRESS YOGA	1	JM

donderdag	les	zaal	teacher
9.15-10.15	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	NIA (dans)	1	SB

vrijdag	les	zaal	teacher
9.15-10.15	PILATES	1	SL
10.30-11.30	YIN YOGA	1	SL

zaterdag	les	zaal	teacher
9.30-11.00	ASHTANGA FULL PR.	1	IG
10.00-11.00	FITBARRE	2	HV
11.15-12.15	RUGYOGA	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 YOGA	2	TT
12.00-13.00	D-STRESS YOGA	1	SL

	All levels
	zachte yoga
	basis yoga
	pittige yoga
	Aerial yoga

de YOGAS STUDIO

