

maandag	les	zaal	teacher
9.15-10.15	YOGALATES	1	IG
10.30-11.30	HATHAFLOW	1	IG
18.00-19.00	RUGYOGA	1	SL/SS
19.15-20.15	VINYASA BASIC	1	IG
20.30-21.30	YIN YOGA	1	JM

dinsdag	les	zaal	teacher
9.15-10.15	HATHA/YIN YOGA	1	JM
10.30-11.30	ZACHTE HATHA	1	SL
18.00-19.00	TIENERYOGA	2	GP
18.00-19.00	YIN YOGA	1	MS
19.15-20.15	PILATES	1	SA
20.30-21.30	AFR-BRAZ DANS	1	SA
20.15-21.30	ASHTANGA HALF PR.	2	IG

teachers			
SL Sabine	JM Joanna	LD Linda	
HS Hilde	IG Isabelle	HV Hedwig	
TT Tita	MS Martine	SA Sergio	
SS Steve	GP Gwenda		

woensdag	les	zaal	teacher
8.45-10.15	KUNDALINI	2	LD
9.15-10.15	VINYASA BASIC	1	IG
10.30-11.30	YIN YOGA	1	SL
10.30-11.30	YOGALATES	2	IG
17.30-18.30	YIN YOGA	1	SS
17.30-18.30	KINDERYOGA	2	GP
19.15-20.15	QIGONG	1	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	YOGALATES	1	SA

de YOGAS STUDIO

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

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	ZACHTE HATHA/YIN	1	SL

	All levels
	zachte yoga
	basis yoga
	pittige yoga
	Aerial

