

| maandag | dinsdag | woensdag | donderdag | vrijdag | zaterdag |
|--|---|----------------------------------|--|--|---|
| lesrooster v.a. half september 2019 | | | | | |
| 08:00-09:00 Astanga zelf-Practice Vinyasa flow 09.00 - 10.00 | 08:00-09:00 Astanga zelf-Practice Yin 09.00 - 10.00 | Classical Hatha 09.00 - 10.15 | 07:45-08:45 Astanga zelf-Practice Yin (om de wk) 08.45 - 09.45 | 08:15 TRX YOGA semi-private Vinyasa Flow 08.45 - 09.45 | Astanga Vinyasa les 08.00 - 09.15 |
| Yin 10.00 - 11.00 | Yoga Functional Fit 10.00 - 11.00 | | Vinyasa Flow (om de wk) 09.45 - 10.45 | Yin 09.45 - 10.45 | Go2Ballet-barre (om de wk) 09:15 - 09:55 |
| | | | Klassiek Ballet Volwassenen 10:45 - 11:45 | Pilates Core 10.45 - 11.45 | |

| maandag | dinsdag | woensdag | donderdag | vrijdag | zondag |
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| | | | | | Go2Ballet-barre 08.30 - 09.10 |
| Go2Ballet-barre 19:45 - 20.25 | Pilates Core 19.30 - 20.30 | Astanga Vinyasa les 19.15 - 20.30 | Classical Hatha 19.30 - 20.45 | | YIN 09.15 - 10.15 |
| Vinyasa Flow 20.30 - 21.30 | Yin 20.30 - 21.30 | Yin / Restorative 20.30 - 21.30 | | | Vinyasa flow 10:15 - 11:15 |

GO2 | Yoga
Ballet-barre

basis lesrooster najaar 2019

De TRX yoga privé is 30 minuten.