

docenten: Asia (Hatha), Dolly (alle lessen)

MAANDAG OCHTEND	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG
Yin 07.40 - 08.35	08.30- 09.00 TRX Yoga Privé	Astanga Vinyasa 07.40 - 08.50	Yin 07.40 - 08.35	Yin 07.40 - 08.35	Yin 07.40 - 08.35
Vinyasa Flow 08.40 - 09.35	Vinyasa Flow 09.10 - 10.05	HIIT Yoga 08.55 - 09.35	Vinyasa Flow 08.40 - 09.35	Astanga Vinyasa 08.40 - 09.50	Astanga Vinyasa 08.40 - 09.50
Yin 09.45 - 10.40	Yoga Functional Fit 10.15 - 11.10	Classical Hatha/ Asia 10.00 - 11.15	Yin 09.45 - 10.40	Yin 10.00 - 10.55	Yin 10.00 - 10.55
Pilates Core Cardio 10.50 - 11.45	Yin 11.15 - 12.10		Pilates Core Cardio 10.50 - 11.45	Vinyasa Flow 11.00 - 11.55	Go2Ballet-barre workout 11.00 - 11.40
				Yin 13.20 - 14.15 Yoga Functional Fit 14.20 - 15.15	

MAANDAG AVOND	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZONDAG ochtend
Astanga 17:20 - 18:15		Astanga 17:20 - 18:15	Yin 17:35 - 18:30		Astanga 07.25 - 08.20
Yin 18:20 - 19:15	Vinyasa Flow 18:20 - 19:15	Yin 18:20 - 19:15	Go2Ballet-barre workout 18:35 - 19:15		HIIT Yoga 08.25 - 09.05
Go2Ballet-barre workout 19:20 - 20:10	Pilates Core Cardio 19.20 - 20.15	Vinyasa Flow 19.20 - 20.15	Yoga INTRODUCTIE les 19.20 - 20.15		Yin 09.15 - 10.10
Vinyasa Flow 20.15 - 21.10	Yin 20.20 - 21.15	Restorative / Yin Yoga 20.20 - 21.15	Vinyasa Flow 20.20 - 21.15		Vinyasa Flow 10.15 - 11.10
					Yin 11.15 - 12.10

