

ROOSTER

voor het actuele rooster check
onze website of de mind-body app



bindi

YOGA

MASSAGE

FOOD

MAANDAG	09.30 – 10.45	Yin/Yang Yoga	Nancy	1
	10.00 – 11.15	Sivananda Yoga (english)	Asia	2
	17.15 – 18.30	Hatha Yoga & Pranayama (english)	Asia	2
	18.45 – 20.00	Zwangerschapsyoga	Ellen	1
	19.00 – 20.15	Vinyasa Yoga	Garmt	2
	20.30 – 21.45	Zwangerschapsyoga	Ellen	1
20.45 – 22.00	Yin/Yang Yoga	Garmt	2	

DINSDAG	09.30 – 10.45	Vinyasa Yoga	Nancy	2
	17.15 – 18.30	Flow Yoga	Nancy	2
	18.45 – 20.00	Yin Flow	Eva	1
	19.00 – 20.15	Yoga Nidra	Sylvia	2
	20.30 – 21.45	Vinyasa Yoga (english)	Terri	1
	20.45 – 22.00	Hatha Yoga	Jantien	2

WOENSDAG	08.00 – 09.15	Flow Yoga	Eva	2
	09.45 – 11.00	Hatha Yoga	Eva	2
	10.00 – 11.15	Yin Yoga	Jantien	1
	18.45 – 20.00	Yin/Yang & Qi	Terri	1
	19.00 – 20.15	Sivananda Yoga (english)	Asia	2
	20.30 – 21.45	Flow Yoga	Marlous	1
20.45 – 22.00	Yin Yoga (english)	Asia	2	

DONDERDAG	06.30 – 08.30	Ashtanga yoga Mysore	Wijnand	1
	09.00 – 10.30	Ashtanga yoga	Nancy	1
	09.30 – 10.45	Tibetaanse Yoga	Michelle	2
	11.15 – 12.30	Hatha Yoga	Eva	2
	18.45 – 20.00	Yoga Basics	Jiske	1
	19.00 – 20.15	Yin Yoga	Ida	2
	20.30 – 21.45	Yin/Yang Yoga	Jiske	1
	20.45 – 22.00	Restore & Renew	Ida	2

VRIJDAG	09.00 – 10.15	Vinyasa Yoga	Jiske	2
	09.30 – 10.45	Yin Yoga	Nancy	1
	10.45 – 12.00	Yin/Yang Yoga	Jiske	2
	18.30 – 20.00	Ashtanga Yoga	Wijnand	1
	19.00 – 21.30	Wisselende XXL-Les (zie website voor thema)	2	

ZATERDAG	09.30 – 10.45	Vinyasa Yoga	Yvonne	2
	11.15 – 12.30	Hatha Yoga	Denise	2

ZONDAG	09.30 – 10.45	Hatha Yoga & Meditatie	Jantien	2
	10.00 – 11.15	Yin Yoga	Eva/Ida	1
	11.15 – 12.30	Vinyasa Yoga (english)	Terri	2



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