

# ROOSTER



voor het actuele rooster check  
onze website of de bsport-app



**bindi**  
a way of life

|                |               |                                  |       |   |
|----------------|---------------|----------------------------------|-------|---|
| <b>MAANDAG</b> | 09.30 – 10.45 | Vinyasa Yoga                     | Nancy | 1 |
|                | 10.00 – 11.15 | Sivananda Yoga (english)         | Asia  | 2 |
|                | 17.30 – 18.45 | Hatha Yoga & Pranayama (english) | Asia  | 2 |
|                | 18.45 – 20.00 | Zwangerschapsyoga                | Ellen | 1 |
|                | 19.00 – 20.15 | Vinyasa Yoga (english)           | Kelly | 2 |
|                | 20.15 – 21.30 | Zwangerschapsyoga                | Ellen | 1 |
|                | 20.30 – 21.45 | Yin/Yang Yoga (english)          | Kelly | 2 |

|                |               |                  |          |   |
|----------------|---------------|------------------|----------|---|
| <b>DINSDAG</b> | 17.30 – 18.45 | Flow Yoga        | Nancy    | 1 |
|                | 18.45 – 20.00 | Yoga Nidra       | Sylvia   | 2 |
|                | 19.00 – 20.15 | Yin Flow         | Nancy    | 1 |
|                | 20.15 – 21.30 | Restorative Yoga | Sylvia   | 2 |
|                | 20.30 – 21.45 | Vinyasa Yoga     | Danielle | 1 |

|                 |               |                          |       |   |
|-----------------|---------------|--------------------------|-------|---|
| <b>WOENSDAG</b> | 08.00 – 09.15 | Flow Yoga                | Kelly | 2 |
|                 | 09.30 – 10.45 | Hatha Yoga               | Eva   | 2 |
|                 | 18.45 – 20.00 | Yin/Yang & Qi            | Terri | 1 |
|                 | 19.00 – 20.15 | Sivananda Yoga (english) | Asia  | 2 |
|                 | 20.15 – 21.30 | Flow Yoga                | Terri | 1 |
|                 | 20.30 – 21.45 | Yin Yoga (english)       | Asia  | 2 |

|                  |               |                 |        |   |
|------------------|---------------|-----------------|--------|---|
| <b>DONDERDAG</b> | 18.45 – 20.00 | Core Flow       | Jiske  | 1 |
|                  | 19.00 – 20.15 | Yin Yoga        | Denise | 2 |
|                  | 20.15 – 21.30 | Yin/Yang Yoga   | Jiske  | 1 |
|                  | 20.30 – 21.45 | Restore & Renew | Denise | 2 |

|                |               |   |         |   |
|----------------|---------------|---|---------|---|
| <b>VRIJDAG</b> | 09.00 – 10.15 | Vinyasa Yoga                                    | Jiske   | 1 |
|                | 10.30 – 11.45 | Yin/Yang Yoga                                   | Jiske   | 1 |
|                | 19.00 – 20.30 | Ashtanga Yoga                                   | Wijnand | 1 |
|                | 19.00 – 21.30 | Wisselende XXL-Les (zie website voor het thema) |         | 2 |

|                 |               |              |      |   |
|-----------------|---------------|--------------|------|---|
| <b>ZATERDAG</b> | 09.30 – 10.45 | Vinyasa Yoga | Beau | 1 |
|                 | 11.00 – 12.15 | Hatha Yoga   | Finn | 1 |

|               |               |                        |         |   |
|---------------|---------------|------------------------|---------|---|
| <b>ZONDAG</b> | 09.30 – 10.45 | Hatha Yoga & Meditatie | Amon    | 2 |
|               | 10.00 – 11.15 | Yin Yoga               | Eva/lda | 1 |
|               | 11.00 – 12.15 | Vinyasa Yoga (english) | Terri   | 2 |
|               | 11.30 – 12.45 | Yin Yoga               | Eva/lda | 1 |



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