

ROOSTER



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



bindi
a way of life

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

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|----------------|---------------|-----------------------------|--------|---|
| DINSDAG | 17.30 – 18.45 | Flow Yoga | Nancy | 1 |
| | 19.00 – 20.15 | Yoga Nidra & Stress Release | Sylvia | 2 |
| | 19.00 – 20.15 | Yin Flow | Nancy | 1 |
| | 20.30 – 21.45 | Restorative Yoga | Sylvia | 2 |
| | 20.30 – 21.45 | Hatha Alignment | Annika | 1 |

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|-----------------|---------------|--------------------------------|-------|---|
| WOENSDAG | 08.00 – 09.15 | Flow Yoga (english) | Kelly | 2 |
| | 09.45 – 11.00 | Hatha Yoga | Eva | 2 |
| | 18.45 – 20.00 | Yin/Yang & Qi (english) | Terri | 1 |
| | 19.00 – 20.15 | Hatha Sivananda Yoga (english) | Asia | 2 |
| | 20.15 – 21.30 | Vinyasa (english) | Terri | 1 |
| | 20.30 – 21.45 | Yin Yoga (english) | Asia | 2 |

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| DONDERDAG | 18.45 – 20.00 | Rug Yoga | Jiske | 1 |
| | 19.00 – 20.15 | Hatha Yoga | Katerina | 2 |
| | 20.15 – 21.30 | Yin/Yang Yoga | Jiske | 1 |
| | 20.30 – 21.45 | Yin Yoga & Ademwerk | Katerina | 2 |

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

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|-----------------|---------------|-----------------|------|---|
| ZATERDAG | 08.00 – 09.15 | Hatha Alignment | Beau | 1 |
| | 09.30 – 10.45 | Vinyasa Yoga | Beau | 1 |
| | 11.00 – 12.15 | Hatha Yoga | Finn | 1 |

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|---------------|---------------|------------------------|--------------|---|
| ZONDAG | 09.30 – 10.45 | Hatha Yoga & Meditatie | Amon/Jantien | 1 |
| | 09.45 – 11.00 | Yin Yoga | Denise/Eline | 2 |
| | 11.00 – 12.15 | Vinyasa Yoga (english) | Lente | 1 |
| | 11.15 – 12.30 | Yin Yoga | Denise/Eline | 2 |



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