

# ROOSTER



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



**bindi**  
a way of life

|                |               |                                  |         |   |
|----------------|---------------|----------------------------------|---------|---|
| <b>MAANDAG</b> | 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 |

|                |               |                             |        |   |
|----------------|---------------|-----------------------------|--------|---|
| <b>DINSDAG</b> | 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 Yoga                  | Annika | 1 |

|                 |               |                                |         |   |
|-----------------|---------------|--------------------------------|---------|---|
| <b>WOENSDAG</b> | 08.00 – 09.15 | Flow Yoga (english)            | Kelly   | 2 |
|                 | 09.30 – 10.45 | Zwangerschapsyoga              | Jouetta | 1 |
|                 | 09.45 – 11.00 | Hatha Yoga                     | Amon    | 2 |
|                 | 18.45 – 20.00 | Gentle Flow (english)          | Ming    | 1 |
|                 | 19.00 – 20.15 | Hatha Sivananda Yoga (english) | Asia    | 2 |
|                 | 20.15 – 21.30 | Vinyasa Yoga (english)         | Ming    | 1 |
|                 | 20.30 – 21.45 | Yin Yoga (english)             | Asia    | 2 |

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

|                |               |   |        |   |
|----------------|---------------|---|--------|---|
| <b>VRIJDAG</b> | 09.00 – 10.15 | Vinyasa Yoga                                    | Jiske  | 2 |
|                | 10.00 – 11.15 | Hatha Alignment & Restorative Yoga              | Annika | 1 |
|                | 10.30 – 11.45 | Yin/Yang Yoga                                   | Jiske  | 2 |
|                | 19.00 – 20.15 | Hatha Yoga en de adem                           | Finn   | 1 |
|                | 19.00 – 21.30 | Wisselende XXL-Les (zie website voor het thema) |        | 2 |

|                 |               |                 |      |   |
|-----------------|---------------|-----------------|------|---|
| <b>ZATERDAG</b> | 08.00 – 09.15 | Hatha Alignment | Beau | 1 |
|                 | 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 | Ming/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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