

# 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
	09.45 – 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>	09.15 – 10.30	Zwangerschapsyoga	Jouetta	1
	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	Alignment Yoga	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	2
	11.00 – 12.15	Vinyasa Yoga (english)	Lente	1
	11.15 – 12.30	Yin Yoga	Denise	2



[www.bindi.nu](http://www.bindi.nu)

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