

DIT IS HET ALGEMENE lesrooster - vanaf week 37

LET OP: CHECK ALTIJD DE MINDBODY VOOR DE LAATSTE UPDATE

MAANDAG

09.00 - 10.00	Hot -Yoga A 60	Geert-Jan	Studio 1
09.00 - 10.15	Ashtanga	Cinderella	Studio 2
10.30 - 11.30	Mindfull Yoga	Jolanda	Studio 2
14.30 - 15.15	Yoga Trapeze Discovery-Class	Immy	Judo zaal
18.30 - 19.30	Hot -Yoga A 60	Esther	Studio 1
18.30 - 19.30	Restorative/Nidra	Jolanda	Studio 2
20.00 - 21.15	Restorative/Nidra	Immy	Studio 2
20.00 - 21.00	Hot -Yoga A 60	Esther	Studio 1

DINSDAG

09.00 - 10.30	Hot -Yoga A 90	Elena	Studio 1
09.00 - 10.15	Restorative/Nidra	Jolanda	Studio 2
11.00 - 12.00	Easy Flow	Elena	Studio 1
18.00 - 19.00	Anicha -Yoga (Yin-Yang)	Esther	Studio 2
18.00 - 19.00	Strong Hatha	Martine	Studio 1
19.30 - 21.00	Hot Yoga B/Bikram	Esther	Studio 1

WOENSDAG

09.00 - 10.30	Hot-Yoga A 90	Handan	Studio 1
09.00 - 10.00	Prana	Jolanda	Studio 2
18.30 - 19.30	Mindfull Yoga	Jolanda	Studio 2
18.30 - 19.30	Hot- Vinyasa	Immy	Studio 1
20.00 - 21.00	Hot-Yoga A 60	Immy	Studio 1
20.00 - 21.00	Body Balance	Margie	Studio 2

DONDERDAG

09.00 - 10.00	Hot-Yoga A 60	Immy	Studio 1
09.00 - 10.00	Basic- Alignment	Jolanda	Studio 2
18.30 - 19.30	Hot-yoga A 60	Elena	Studio 1
20.00 - 21.00	Yin-Yoga	Elena	Studio 2

VRIJDAG

09.00 - 10.30	Hot-Yoga/Bikram	Esther	Studio 1
09.00 - 10.15	Kundalini	Manon	Studio 2
11.00 - 12.00	Hatha met lange Savasana	Esther	Studio 1
18.30 - 19.30	Hot-Yoga/Bikram 60 min.	Handan	Studio 1
18.30 - 19.30	Restorative/Nidra	Jolanda	Studio 2
20.00 - 21.00	Restorative/Nidra	Immy	Studio 2

ZATERDAG

09.00 -10.00	Hot-Yoga/Bikram 60	Handan	Studio 1
09.00 -10.15	Ashtanga	Cinderella	Studio 2

ZONDAG

09.00 -10.00	Hot-Yoga A 60	Elena	Studio 1
11.30 -12.30	Yin-Yoga	Elena	Studio 2
10.00 -10.45	Yoga Trapeze Discovery Class	Immy	Judozaal
11.00 -12.30 *	Yoga-Trapeze Basis Cursus	Immy	Judozaal
12.45 -14.15 *	Yoga-Trapeze Basis Cursus	Immy	Judozaal

* Voor de basis cursus **Yoga-Trapeze** van 4 weken dient u zich op te geven bij Immyvanderlinde@gmail.com

De 1^e cursus start zondag 17 September om 11.00 uur.

De 2^e cursus start een week later zondag 24 September om 12.45 uur

