

LESROOSTER YOGA STUDIO (reserveringen via de BRS app)

MAANDAG

09.00 - 10.00	Hot -Yoga A 60	Elena	Studio 1
18.00 –19.00	Hot -Yoga A 60	Esther	Studio 1
19.30 –20.30	Yoga Nidra	Jolanda	Studio 2
19.30 –21.00	Hot -Yoga B 90 (Bikram)	Esther	Studio 1

DINSDAG

09.00 - 10.00	Restorative Yoga	Jolanda	Studio 1
18.00 - 19.00	Hatha Yoga	Martine	Studio 1
19.30 – 21.00	Hot- yoga 90 Bikram	Elena/Handan	Studio 1

WOENSDAG

09.00 - 10.00	Hot-Yoga B 60	Handan	Studio 1
10.30 – 11.30	Prana -Yoga	Jolanda	Studio 2
18:00 – 19:00	Hot-Yoga A60	Elena	Studio 1
19:30 – 20:30	Yin- Yoga	Elena	Studio 1
20.00 - 21.00	Body Balance	Margie	Studio 2

DONDERDAG

09.00 - 10.00	Basic- Alignment	Jolanda	Studio 2
09.00 – 10.00	Hot Yoga A 60	Esther	Studio 1
10.30 – 11.30	Hatha Yoga	Esther	Studio 1/2
18.30 - 19.30	Hot-yoga A 60	Handan/Esther	Studio 1
20.00 - 21.00	Yin-Yoga	Handan/Esther	Studio 2

VRIJDAG

09.00 - 10.00	Hot-Yoga A 60	Elena	Studio 1
11.00 - 12.00	Hatha Yoga	Jolanda	Studio 2
19.30 - 20.30	Yoga Nidra	Jolanda	Studio 1

ZATERDAG

09.00 -10.00	Hot-Yoga B 60 min	Handan	Studio 1
10.30 -11.30	Restorative Yoga	Handan	Studio 2 of 1

ZONDAG

09.00 -10.00	Hot-Yoga A 60 min	Elena	Studio 1
10.30 -11.30	Yin-Yoga	Elena	Studio 2 of 1