

All classes without flag can be taught in English or Dutch upon request.

	LES	STUDIO	LERAAR
MAANDAG			
07.30-08.30	Core Strength	1	Afke
08.45-09.45	Wake Up Flow	1	Hoyte/Afke
10.00-11.30	Flow4All	1	Hoyte
12.00-13.15	Basic Alignment	1	Léah
13.30-14.30	WHM & meditation	1	Sijbrand
16.15-17.30	Yin Yoga	1	Anita
18.00-19.00	Core Flow	1	Marlene
19.15-20.30	Flow4All	1	Marlene
20.45-22.00	Yin Yoga	1	Afke
22.00-22.30	Free meditation	1	



DINSDAG			
08.45-10.00	Breathwork Flow	1	Simon
10.15-11.30	Core Flow	1	Marlene
11.45-13.00	Flow4All	1	Beatrice
14.30-15.45	WHM & meditation	1	Sijbrand
16.00-17.30	Yin Yoga	1	Skadi
17.45-19.15	Flow4All	1	Simon
19.30-20.30	Basic Flow	1	Liisa
20.45-22.00	Yin Yoga	1	Anita
22.00-22.30	Free meditation	1	



WOENSDAG			
07.30-08.30	Core Flow	1	Marlene
08.45-09.45	Basic Flow	1	Hoyte
10.00-11.30	Flow4All	1	Hoyte
12.00-13.30	Strong Flow	1	Moena
14.00-15.30	Yin Yang	1	Johan
16.15-17.45	Yin Yoga	1	Lenart
18.00-19.15	Yin Yang	1	Anita
19.30-20.30	Basic Flow	1	Vanessa
20.45-22.00	Yin Yoga	1	Marijke
22.00-22.30	Free meditation	1	



DONDERDAG			
07.15-08.15	Flow4All	1	Michiel
08.30-09.45	Yin	1	Riki
10.00-11.30	Flow4All	1	Sadhu
11.45-13.00	WHM & meditation	1	Sijbrand
13.15-14.30	Free Public Satsang	1	Sijbrand
14.45-15.45	Core strength	1	Anita
16.00-17.30	Yin	1	Skadi
17.45-19.15	Flow4All	1	Léah
19.30-20.30	Slow Flow	1	Afke
20.45-22.00	Yin	1	Afke
22.00-22.30	Free meditation	1	



VRIJDAG			
07.30-08.30	Ashtanga	1	Deborah
08.45-10.00	Wake Up Flow	1	Liisa
10.15-11.45	Flow4All	1	Hoyte
12.00-13.15	Yin Yoga	1	Marijke
13.30-15.00	Flow4All	1	Johan
15.30-16.30	Core Flow	1	Marlene
17.00-18.15	Yin Yoga	1	Mariken



ZATERDAG			
09.00-10.15	Yin Yoga	1	Michiel
10.30-12.00	Flow4All	1	Hoyte
12.15-13.45	Yin Yoga	1	Inge
14.00-15.15	Flow4All	1	Afke
15.30-17.00	Restorative	1	Inge/Alison
17.15-18.15	Core Strenght	1	Afke



ZONDAG			
08.30-09.30	Sunday Morning Flow	1	Illja
09.45-11.00	Yin Yoga	1	Inge/Alison
11.15-12.15	Basic Flow	1	Hoyte
12.30-14.00	Flow4All	1	Léah
14.15-15.30	Flow4All	1	Simona
15.45-17.00	Yin Yoga	1	Merel
17.15-18.30	Yin & Yang	1	Vanessa
18.45-20.00	Flow4All	1	Simona
20.15-21.30	Yin	1	Eline



	LES	STUDIO	LERAAR
MAANDAG			
08.00-08.45	Free meditation	2	
17.30-18.30	Pilates	3	Chris
18.15-19.30	Ashtanga	2	Carine
18:45-19:45	Basic Flow	3	Illja
19.45-21.00	Yin & Yang	2	Eline
20.00-21.30	Flow4All	3	Anita
21.15-22.15	Restorative	2	Eline



DINSDAG			
08.00-08.45	Free meditation	2	
09.00-10.15	Yin Yoga	3	Marijke
18.00-19.00	Pilates	3	Marije
18:45-19:45	Silent Sitting deel 1	2	Sijbrand
19.15-20.30	Yin & Yang	3	Inge
20:00-21:30	Silent Sitting & Satsang deel 2	2	Sijbrand
20.45-21.45	Yoga Nidra	3	Inge



WOENSDAG			
08.00-08.45	Free meditation	2	
09.00-10.30	Yin & Self Inquiry	3	Roland Jan
17.45-19.15	Kundalini	2	Marieke
18.15-19.45	Ashtanga	3	Renate
19.30-20.30	Yoga Nidra	2	Marijke
20.45-21.45	Restorative	2	Elske

DONDERDAG			
08.00-08.45	Free meditation	2	
18.00-19.15	Basic Ashtanga	2	Carine
18.30-19.30	Pilates	3	Christa
19.45-21.15	Strong Flow	3	Leah



VRIJDAG			
08.00-08.45	Free meditation	2	
09.00-10.15	Yin Yoga	3	Edine
18:30-19:45	Silent Sitting en Sharing	2	Mariken

ZATERDAG			
08.45-09.45	Basic Flow	3	Liisa
10.15-11.30	Ashtanga	2	Carine
10.45-11.45	Basic Flow	3	Riki



ZONDAG			
10.00-11.30	Kundalini	3	Tim
10.15-11.45	Full Primary series	2	Deborah
20.00-21.00	Stadsverlichting	3	Elske
21.15-22.15	Restorative	3	Elske



Meditatief
Basic
All level
Strong