

Lesrooster

MAANDAG

- **08.30** Ashtanga 60 min / Anna
- 10.00** Flow4All 75 min / Hoyte
- 12.00** Core Flow 75 min / Marlene
- 15.45** Yin yoga 75 min / Rosan
- 17.45** Core Flow 60 min / Marlene
- 19.15** Circular Breathing 75 min / Peter
- 21.00** Yin yoga 75 min / Anne

DINSDAG

- 08.45** Wake up flow 60 min / Liisa
- 10.15** Core Flow 75 min / Marlene
- 12.00** WHM en meditatie 60 min / Sijbrand
- 15.30** Yin yoga 90 min / Skadi
- 17.30** Flow4all 75 min / Simon
- 19.15** Shanti Flow 75 min / Simon
- 21.00** Yin yoga 75 min / Mariken

WOENSDAG

- 09.00** Wake up flow 60 min / Thirza
- 10.30** Flow4all 75 min / Hoyte
- 15.45** Yin yoga 75 min / Roland Jan
- 17:45** Flow4all 75 min / Johan
- 19.30** Basic Flow 60 min / Vanessa
- 21.00** Yin yoga 75 min / Rosan

DONDERDAG

- 08.45** Wake up flow 60 min / Beatrice
- 10.15** Flow4all 75 min / Johan
- 12.00** WHM & meditatie 60 min / Sijbrand
- 15.45** Yin yoga 75 min / Skadi
- 17.45** Flow4all 75 min / Liisa
- 19.30** Yin yoga 75 min / Marije

VRIJDAG

- 07.30** Wake up flow 45 min / Esther
- 08.30** Basic Flow 60 min / Liisa
- 10.00** Yin Yang 75 min / Hoyte
- 12.00** Yin yoga 75 min / Mariken
- 13.45** Flow4all 60 min / Liisa
- 15.45** Yin yoga 75 min / Mariken

ZATERDAG

- 09.15** Basic Flow 60 min / Aiki
- 10.15** Ashtanga 75 min / Carine
- 10.45** Flow4all 90 min / Hoyte
- 12.45** Yin yoga 75 min / Inge
- 15.45** Restorative 75 min / Inge

ZONDAG

- 08.30** Sunday morning Flow 60 min / Ilja
- 10.00** Yin yoga 75 min / Inge
- 11.45** Flow4all 90 min / Invaldocent
- 13.45** Basic Flow 75 min / Hoyte
- 15.30** Yin yoga special 90 min / verschillende docenten