november schedule

monday

08.00 Wake up flow 60 min / Jolijn
09.00 Circular breathing 60 min / Peter
10.00 Flow4All 75 min / Hoyte
12.15 Pilates 45 min / Devon
15.45 Yin yoga 75 min / Mariken
17.45 Core flow 60 min / Marlene
18.00 *Ashtanga 75 min / Anna
18.15 *Gentle Flow 60 min / Bonnie
19.15 Circular Breathing 75 min / Peter
19.45 Pilates 60 min / Marlene
20.00 *Restorative Nidra Special 90 min / Nathalie
21.00 Yin yoga 75 min / Lisa

tuesday

08.00 Wake up flow 45 min / Liisa
09.00 Yin Yoga 60 min / Lisa
10.15 Core Flow 75 min / Marlene
12.00 Breathwork 60 min / Sijbrand
15.30 Yin yoga 90 min / Skadi
17.30 Flow4all 75 min / Simon
18.00 *Pilates 60 min / Chris
18.00 Advanced flow 90 min / Moena
19.15 Slow flow 75 min / Simon
20.30 Restorative Nidra 75 min / Marjolein
21.00 Healing Yin 60 min / Carmen

wednesday

07.00 Early morning flow 60 min / Jolijn
09.00 Kundalini yoga 60 min / Tyler
10.30 Flow4all 75 min / Hoyte
12.30 Breathwork & meditation 75 min / Roland Jan
15.45 Yin yoga & self inquiry 90 min / Roland Jan
17:45 Flow4all 75 min / Kim
18.00 *Pilates 60 min / Marlene
19.30 Yin yoga 60 min / Vanessa
19.45 Ashtanga 75 min / Anna

thursday

09.00 Basic Flow 60 min / Liisa
10.30 Flow4all 75 min / Arben
12.15 Circular breathing 60 min / Simone or Sjoerd
14.00 Healing yoga 60 min / Tyler
15.45 Yin yoga 75 min / Skadi
17.45 Flow4all 75 min / Liisa
18.15 *Ashtanga 75 min / Carine
19.30 Restorative Nidra Special 90 min / Marjolein

friday

07.30 Wake up flow 45 min / Esther
08.45 Core Flow 60 min / Marlene
10.15 Flow4all 75 min / Hoyte
12.00 Yin yoga 75 min / Mariken
13.30 Healing yoga 60 min / Inge
15.00 Flow4all 75 min / Arben, Johan
16.45 Yin yoga 75 min / Mariken

saturday

09.00 Ashtanga 75 min / Arben
09.15 *Basic Flow 60 min / Aiki
10.45 Flow4all 90 min / Hoyte
12.45 Yin yoga 75 min / Inge
14.15 Flow4All 75 min / Arben
16.00 Restorative Special 90 min / different teachers

sunday

08.30 Sunday Morning Flow 60 min / Esther
09.15 *Ashtanga 75 min / Skadi
10.00 Yin yoga 75 min / Inge
11.45 Basic flow 60 min / Hoyte
13.15 Flow4all 90 min / Kim
15.30 Yin yoga special 90 min / Debbie
17.30 Restorative & Meditation / Johan

Almost all classes are available via online livestream,, except the classes in studio 3.
***CLASS IS IN STUDIO 3**

de_nieuwe yogaschool