

January schedule

monday

- 07.45 Wake up flow 60 min / Jolijn
- 10.15 Flow4All 75 min / Hoyte
- 12.15 Pilates 45 min / Devon
- 15.45 Yin yoga 75 min / Mariken
- 17.45 Core flow 60 min / Aiki
- 18.00 *Ashtanga 75 min / Anna
- 18.15 *Gentle Flow 60 min / Bonnie
- 19.15 Circular Breathing 75 min / Chris
- 19.45 *Pilates 60 min / Aiki
- 20.00 *Restorative Nidra Special 90 min / Nathalie
- 21.00 Healing Yin yoga 60 min / Jantje

tuesday

- 08.00 Wake up flow 45 min / Liisa
- 09.00 Yin Yoga 60 min / Liisa
- 10.15 Core Flow 75 min / Jolijn
- 12.00 Breathwork 60 min / Sijbrand
- 15.30 Yin yoga 90 min / Skadi
- 17.30 Flow4all 75 min / Simon
- 18.00 *Pilates 60 min / Federica
- 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
- 08.45 Kundalini yoga 75 min / Tyler
- 10.30 Flow4all 75 min / Hoyte
- 12.30 Breathwork & meditation 75 min / Roland Jan
- 14.00 Sound Healing & Nidra 75 min / Arben
- 15.45 Yin yoga & self inquiry 90 min / Roland Jan
- 17:45 Flow4all 75 min / Kim
- 18.00 *Pilates 60 min / Federica
- 19.30 Yin yoga 60 min / Vanessa

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 / Aiki
- 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
- 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 2 & 3.

***CLASS IS IN STUDIO 2 & 3**

